



COVID-19 Guidance Youth Basketball

PURPOSE

This guidance was formed from various recommendations from different public health agencies and national leaders in youth sports as a resource for mitigation efforts to help ensure participant and staff safety during voluntary youth basketball activities. You may view the complete list of resources on page four of this document.

FACE COVERINGS

Face coverings are **mandatory** for every person that enters each gym facility. Face coverings will **not** be provided.

FACE COVERING WILL BE WORN AT ALL TIMES WHEN INSIDE THE SCHOOL AND SHOULD COVER YOUR MOUTH **AND** NOSE. THE ONLY PEOPLE PERMITTED TO REMOVE FACE COVERINGS ARE PLAYERS AND OFFICIALS.

We kindly ask you to please abide by these important face covering mandates.

Please do not put our Indianola staff team, scorekeepers, contracted officials, or Indianola School personnel in a position to have to ask you to wear a mask and wear it appropriately. Should this become an issue, the person refusing to properly wear a mask will be asked to leave the facility. This program is about the kids. We, as parents, officials, spectators, and Indianola staff have a duty to follow this guideline to allow the kids to continue play.

Masks are most important when physical distancing is difficult. Therefore, we will also encourage social distancing as much as possible. The gym may have rows of bleachers blocked off in an effort to space spectators out. People wearing masks should be reminded to not touch their mask and to wash their hands frequently.

Masks should **not** be placed on:

- Babies and children younger than 2 years old
- Anyone who has trouble breathing or is unconscious
- Anyone who is incapacitated or otherwise unable to remove the mask without assistance

SPECTATOR LIMITATIONS

The gym facility at Wilder Elementary, is small in size. Due to this, the bleacher seating is very limited. Because of this, **we are only allowing two spectators per player**. We encourage and recommend that you stream the game yourself for those that would like to watch at home. Facebook Live or YouTube are simple streaming platforms that may be effective for you. Thanks for your understanding.

The two spectators per player will be enforced upon entry to Wilder Elementary.

- Join TexCaster to get updates: <https://tinyurl.com/y5e389lp>

*Disclaimer – these safety measures may be subject to change.

HYGIENE PRACTICES

Participants and Staff

- Water bottles: participants, spectators, and staff should bring their own water bottle each day with their name written on them.
- Hand washing: all participants and staff should wash their hands thoroughly upon entering the facility.

Equipment

- Basketballs will be sanitized by staff at the following times
 - Before tip-off
 - In between quarters
 - Halftime
 - End of game

HEALTH SCREENINGS

Daily wellness screenings are the responsibility of the respective parent/guardian, employees, contracted game officials, and spectators.

Self-screening questions to ask either yourself, or your child:

- Have you, or has your child, exhibited any of the following symptoms in the past 72 hours?
Fever, sore throat, body aches, chills, cough, runny nose?
 - If YES, participant not allowed to participate and/or attend.
 - If NO, proceed with further questions.
- Have you given or administered any fever reducing medication to yourself, or your child, within the past 48 hours?
 - If YES, participant not allowed to participate and/or attend.
 - If NO, proceed with further questions.
- Do you, or your child, currently have a fever, or had a fever, in the past 72 hours (3 days)?
 - If YES, participant not allowed to participate and/or attend.
 - If NO, participant allowed to participate.
- Has anyone in your household tested positive, or had direct contact with, a person testing positive for COVID-19 within the last 10 days?
 - If YES, participant not allowed to participate and/or attend.
 - If NO, participant allowed to participate.

IF A PARTICIPANT OR STAFF MEMBER BECOMES ILL OR SICK

- If a participant shows symptoms of COVID-19, a face mask or cloth covering will be placed on the individual immediately.
- Isolate the individual immediately
- Send participant home immediately
- Parent/Guardians will be notified immediately via email and text messages sent from Recreation Coordinator

- Confidentiality will be maintained. No name or identifying info of person who is experiencing symptoms will be communicated to other teams, officials, etc.
- Monitor other players in the cohort group/team for symptoms
- Recreation Coordinator will notify local health officials if participant tests positive for COVID-19
 - Local health officials will then advise of more exact steps to follow
- Communication/updates from Recreation Coordinator to parents/guardians will be daily in nature

if any coaches, staff members, umpires/officials, or players get sick, they should not return until they have met CDC's [criteria to discontinue home isolation](#). For more information, refer to the Preparing for When Someone Gets Sick section in the [Considerations for Youth Sports](#).

OTHER CONSIDERATIONS

How to Wear a Face Mask or Covering Correctly

- Mask must fit snugly but comfortably against the side of the face
- Mask must allow for breathing without restriction
- If needed, secure mask with ties or ear loops
- Mask must cover both mouth and nose fully
- Avoid continually touching or adjusting face mask, unless needed
 - Wash hands if you do touch the mask
- Do not touch eyes, nose or mouth when removing mask
- Wash hands after removing mask
- Wash/laundry mask after each use
- Cloth face coverings should not be placed on young children under the age of 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do not use surgical masks or N95 respirators- those masks are reserved for healthcare workers and first responders

Hand Hygiene

- When to wash and disinfect hands:
 - Upon entering the meeting location
 - After using common items, such as sports equipment, etc.
 - After touching frequently touched surfaces (railings, doorknobs, etc)
 - After using the restroom f. After coughing, sneezing or blowing nose
- How to wash hands
 - Wet hands with clean warm running water and apply soap
 - Lather hands by rubbing them together with soap. Make sure to lather back of hands, between fingers and under finger nails. Scrub hands for at least 20 seconds
 - Rinse your hands well under clean running water
 - Dry your hands using a clean towel or air dryer
- Hand sanitizer
 - Not as effective as soap and water
 - All hand sanitizer on-site will meet CDC guidelines

RESOURCES

Iowa Department of Public Health

- <https://coronavirus.iowa.gov/pages/guidance>

National Recreation and Park Association

- Specific Guidance for Common Park and Recreation Spaces, Facilities and Programs
 - <https://www.nrpa.org/our-work/Three-Pillars/health-wellness/coronavirus-disease2019/path-to-recovery/specific-guidance-for-common-park-and-recreation-spacesfacilities-and-programs/>
- Youth Sports Program FAQs
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youthsports-faq.html>

Centers for Disease Control

- Considerations for Youth Sports
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youthsports.html>
- Parks, Sports & Recreation – Plan, Prepare, Respond
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/index.html>
- CDC Activities & Initiatives Supporting COVID-19 Response
 - <https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/CDC-Activities-Initiativesfor-COVID-19-Response.pdf#page=46>

Iowa High School Athletic Associations

- IHSAA
 - <https://www.iahsaa.org/basketball-covid-19-guidance-2020-21/>
- IGHSAU
 - <https://www.ighsau.org/news/basketball-covid-19-winter-guidance/>