

## COVID-19 Preparedness Plan for Rochester Community Youth Basketball Association (RCYBA)

RCYBA is committed to providing a safe and healthy workplace for all our players, parents, officials and workers. To ensure we have a safe and healthy program RCYBA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. All RCYBA participants, parents, and workers are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our practice and game situations. This will require full cooperation among all program participants.

RCYBA's COVID-19 Preparedness Plan follows the Minnesota Youth Athletic Service's guidelines, which has been developed in association with the Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19.

These requirements will most likely change over the next few months. RCYBA will notify parents and coaches of any changes to the requirements.

These requirements are valid as of **October 21st, 2020**.

RCYBA Plan Administrators: Ann Nicometo ([rcybareg@gmail.com](mailto:rcybareg@gmail.com)) and Greg Bone ([bone431se@gmail.com](mailto:bone431se@gmail.com)).

In the event any player, coach, parent, official or game worker has a confirmed case of Covid-19 they **must** contact the one of the above RCYBA Plan Administrators and follow the instructions listed the section titles; "**ACTION PLAN FOR POTENTIAL/CONFIRMED COVID-19 CASES**" on page 6 of this plan.

The following are the actions that need to be followed by those that are involved with RCYBA activities. Failure to follow these instructions may lead to an individual being prohibited from participating in RCYBA programs, or a facility owner no longer allowing RCYBA to use their gym.

### **RCYBA**

- RCYBA will develop and implement a Covid-19 plan for its activities and participants.
- This plan will be provided to all participants and facilities used by RCYBA and posted on our website.
- Any changes to the plan will be communicated to all participants and facilities used by RCYBA and posted on our website.
- RCYBA will, to the best of its ability, enforce the requirements outlined in this plan.
- RCYBA will contact the Minnesota Department of Health regarding any suspected case of COVID-19 or known exposures within our program.
- RCYBA will provide its coaches with a "Covid-19 kit". The kit includes the following items:
  - Thermometer
  - Extra masks (to be used if players forget theirs)
  - Hand cleaner (to be used if players forget theirs)
  - Team test recording sheets
  - Team location log

## **RCYBA Practices**

- All participants will have their temperature taken and recorded before entering the building. Anyone with a temperature over 100.4 will not be allowed to enter.
- All participants will be required to wear face coverings while in the building. Players may remove masks when playing on the court.
- Participants are responsible for bringing their own masks and hand sanitizer.
- Maximum number of people in the building will be determined by the facility. Currently this is 15 total people.
- RCYBA will be staggering practice times to avoid entering and exiting teams.
- Practice ball will be sanitized before practice.
- Players will need to bring their own ball to practice.
- Players should bring their own water bottle and only use water fountains to fill the water bottle. Do not share the water bottle with others.
- Participants should enter and leave the facility in a timely fashion and not congregate outside or inside facility.
- Following practice, all must leave the gym and facility within **10 minutes**.
- There will be no one permitted in a practice that is not a player or coach of that team. Siblings, parents, friends or others not members of the team are not permitted in the building.
- Parents and guardians can only drop off up **10 minutes** before scheduled practice time and must pick up within **10 minutes** after practice ends.
- Parents cannot enter the building unless they are helping with the team and must have their temperature taken before entering the building.

## **RCYBA League Games**

- All participants and spectators (players, coaches, officials, staff, spectators and game personnel) will be required to wear face coverings.
- Maximum people by area will be determined by the facility. This means we may need to limit the number of spectators.
- Depending on facility attendance limits may need to limit the number of courts being used.
- Where possible building entrances and exits will be identified to avoid through same area.
- Game times will be managed to reduce spectator congestion.
- Games rules may be modified to reduce exposures, i.e. no free throws, running clocks, in bounding rules. See posted rules.
- Bench seats limited and spread out 6ft apart.
- Hand sanitizer at the scorer's table.
- Staggering game times.
- No handshake lines after games
- Players should NOT bring their ball to games.
- Players should bring their own water bottle and only use water fountains to fill the water bottle. Do not share the water bottle with others.
- Game ball will be sanitized before, during and at the completion of the game.
- Each team is responsible for bringing hand sanitizing products.
- Huddles during pre-game, halftime, and timeouts should be properly distanced.
- Each team must sanitize the bench area before, during and after each game.
- Participants should not enter the game facility within 10 minutes of scheduled game time and must leave within 10 minutes of game completion. There will be no congregating outside or inside the facility.

## **ATHLETES:**

- Athletes must wear face coverings while not actively participating on the court. Masks are to be worn while on the bench.
- Outside of your game-time, must maintain six feet distance, whenever possible, from any person outside of your household.

- No sharing of food or drinks. Players should bring their own water bottle and only use water fountains to fill the water bottle. Do not share the water bottle with others.
- Players must refrain from high fives, handshake line, and (outside of gameplay) avoid any other physical contact with teammates, opposing players, coaches, referees, and spectators.
- Whenever possible, equipment and personal items should have proper sanitation and should not be shared.
- Hand sanitizing is strongly recommended when you come off the floor during practice and/or games.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended before and after games.
- Items players should have with them at practices and games;
  - Mask (extras if possible)
  - Hand sanitizer

## **PARENTS, SPECTATORS & GAME PERSONNEL**

- Must maintain six feet distance from any other person, outside of your household.
- Face coverings are required for the entire duration that you are inside the facility.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended before and after games.
- For drop off and pick up for practices do not come into the building. Only drop off at the specified time and pick up promptly after practice.
- Conduct a daily symptom assessment of your child and have them stay home if experiencing Covid-19 symptoms.
- Before attending an RCYBA event first conduct a daily symptom assessment on yourself and stay home if experiencing Covid-19 symptoms.
- If a known case is identified, you will need to contact your coach and RCYBA plan administrator.
- Rideshare/carpooling should be avoided or kept to a minimum number of passengers.
- Participants should enter and leave the facility in a timely fashion and not congregate outside or inside facility. Following competition, they must leave facility immediately.

## **COACHES**

- Before entering a Rochester school building for practice coaches will ask each player the 4 screening questions and take each team member's temperature before entering the facility. Anyone with a temperature over 100.4 or answered yes to any of the 4 assessment questions will not be allowed to enter.
- This log should be submitted to the RCYBA Covid-19 administrator weekly.
- All coaches must maintain six feet distance, whenever possible, from another person.
- Coaches must wear face coverings while not actively participating on the court.
- Repeatedly remind players not to touch their faces.
- Maximum of 3 coaches allowed on the bench for each team.
- Must conduct a daily symptom assessment and stay home if experiencing Covid-19 symptoms.
- No touch rule –coaches must refrain from high fives, handshake line, and any other physical contact with fellow coaches, opposing coaches, players, referees, and spectators.
- Bring provided Covid-19 kit.
- Each team must keep an accurate log of opponents including opposing coaches contact information.
- If a known case is identified, you will need to contact RCYBA plan administrator and provide the contact log.
- Rideshare/carpooling should be avoided or kept to a minimum number of passengers.
- Participants should enter and leave the facility in a timely fashion and not congregate outside or inside facility.
- Following competition, they must leave facility as directed by facility instructions

## **OFFICIALS**

- All officials must maintain six feet distance, whenever possible, from another person.
- Officials must wear face coverings while not actively participating on the court.
- Must conduct a daily symptom assessment and stay home if experiencing Covid-19 symptoms.
- Must avoid exchanging documents or equipment with any other person.
- No touch rule –referees must refrain from physical contact with coaches, players, and spectators.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended before and after games.

## **Facilities**

The following requirements are for specific facilities and may vary from building to building and may exceed the requirements outlines by RCYBA. Building requirements may change on very short notice.

### ➤ **General Requirements:**

- All participants and spectators (players, coaches, officials, staff, spectators and game personnel) will be required to wear face coverings.
- Whenever possible, everyone should enter and exit through designated areas that are different from each other.

### ➤ **Rochester Public School (RPS) Buildings**

- Only 15 individuals per gym.
- Before entering the building, temperature must be taken, and assessment questions completed.
- Face masks to be worn as directed in above requirements.
- Any infected persons within a RPS facility we will need to contact RPS.

### ➤ **RCTC**

- Only 15 individuals per gym.
- Before entering the building, temperature must be taken, and assessment questions completed.
- Face masks to be worn as directed in above requirements.
- Participants must remain 6 feet apart.

### ➤ **National Volleyball Center**

- Only players, 2 coaches and 1 spectator per player will be permitted in.
- Before entering the building, temperature must be taken, and assessment questions completed.
- Face masks to be worn as directed in above requirements.
- Participants must remain 6 feet apart.
- Participants should arrive no more then 10 minutes before activity and must leave within 5 minutes of completing activity.
- Bring your water bottle. Drinking fountains will not be available. Any water bottles left behind will be disposed of.
- Wash and sanitize hands upon arrival into the facility.

## **Screening Questions**

Conduct this assessment prior to leaving home. May also be conducted when you arrive at the facility.

In the last 48 hours have you:

- had a temperature of 100.4 (F) or higher?
- had a new or worsening cough?
- had any of these other symptoms?
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Chills
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat

If you answered “Yes” to having any of the symptoms listed, you must stay home.

## **ACTION PLAN FOR POTENTIAL/CONFIRMED COVID-19 CASES**

### **Illness During Practice or Games**

If a participant (player, coach, parent, official, worker) starts feeling ill or displaying possible Covid-19 symptoms, they need to be removed from the group and sensitively isolated until they can be picked up from the facility.

### **Confirmed Cases**

Any player, coach, parent, official, game worker that has a confirmed case of Covid-19 will not be permitted to participate for 2 weeks after symptoms have cleared. Teams members that have been around a confirmed case will need to get tested.

### **Communication of Confirmed Cases**

In the event any player, coach, parent, official or game worker that has a confirmed case of Covid-19, they **must** notify one of the above RCYBA Plan Administrators

Each team must keep an accurate log of opponents including opposing coaches contact information. In the case of someone getting infected with Covid-19, this document will be necessary for Minnesota Department of Health (MDH) to perform contact tracing.

RCYBA must contact the Minnesota Department of Health regarding any suspected case of COVID-19 or known exposures. May need to contact Rochester Public District (RPS) if infected person was in a RPS facility.

### **What to Do If There are Symptoms**

See Minnesota Department of Health Covid-19 decision tree on next page.

## COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs

Follow the appropriate path if a child, student, or staff person is experiencing the following symptoms consistent with COVID-19:

- **More common:** fever greater than or equal to 100.4° F, new onset and/or worsening cough, difficulty breathing, new loss of taste or smell.
- **Less common:** sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, new onset of severe headache, new onset of nasal congestion or runny nose.

