



# SLP BOYS BASKETBALL ASSOCIATION:

## COVID-19 Preparedness Plan & Guidelines

Updated: December 30, 2020

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### INTRODUCTION:

The St. Louis Park Boys Traveling Basketball Association (SLPBTBA) is committed to providing safe and healthy spaces for all our players, coaches, volunteers and fans. To ensure we have a safe and healthy season, SLPBTBA has developed this Preparedness Plan & Guidelines document in response to the COVID-19 pandemic. Our goal is to mitigate the potential for transmission of COVID-19 in our organization and communities. **This goal cannot be achieved without the broad adoption by our parents, families and friends of the program. In short, it requires full cooperation among all of our partners.**

This document and all board decisions will follow the guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>) and the recent [Minnesota Department of Health COVID-19 Sports Practice Guidance for Youth and Adults](#) document released on December 28, 2020 and updated on January 5, 2021. *(Note: the MDH's website is always the source for the most up-to-date information on restrictions and recommendations for youth sports. In the event that a web link in this document does not work or has been updated, it should be assumed that the St. Louis Park Boys Traveling Basketball Association will always rely on the most current guidance from the MDH website.)*

Additional sources that have informed this document include:

- Centers for Disease Control and Prevention
- The Minnesota Department of Health
- Minnesota State High School League
- St. Louis Park School District



Wash hands often



Stay home when  
sick



Wear a mask  
(required in indoor settings)



Stay 6 feet apart



- Minnesota Youth Athletic Services (<http://myas.org/covid-19/resources>)

## OVERVIEW AND GENERAL PRACTICES:

SLPBTBA coaches and players are required to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess player and coach health status prior to attending practice or games.

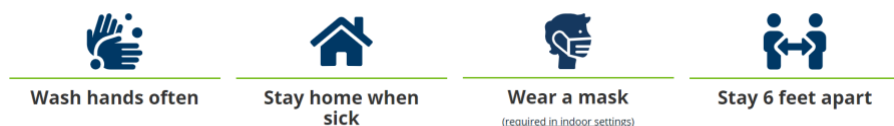
All coaches and participants will be screened for signs/symptoms of COVID-19 prior to any SLPBTBA activity. (This will be handled by a coach or COVID Monitor. More information below.) Attendance and temperature information will be recorded and stored so that there is a record of everyone present in case a person develops COVID-19. Any participant that is determined to have signs or symptoms will be sent home.

In general, the SLPBTBA Pre-Event Screenings and Procedures include:

- Each individual must monitor for COVID signs and symptoms. This is extraordinarily important. If a player is feeling at all “off” or shows ANY signs or symptoms of being sick, he MUST stay home;
- Each individual must have his temperature taken and recorded upon entry to an event. If the temperature is 100.4 (F) or higher, he will not be admitted to the event;
- Each individual is expected to use hand sanitizer upon entry and departure from an event. This is a shared effort. Parents are encouraged to have players sanitize hands before coming to an event, and teams will also provide hand sanitizer on-site for use before participation;
- Each individual is expected to wear a cloth mask at all times per the Minnesota Department of Health recommendations released on December 28, 2020.
- An effort will be made to wipe down all equipment prior to and after an event;
- Social distancing should be the norm.

Players and coaches **must** stay home if experiencing **any** COVID-19 symptoms or if anyone who has come into close contact with them has tested positive. People infected with COVID-19 have reported a wide range of symptoms, from mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with the following symptoms may have COVID-19.

- Temperature of 100.4 (F) or higher





- New or worsening cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Eye irritation

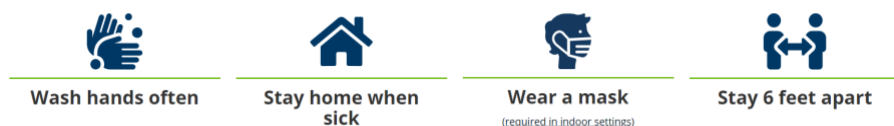
In general, the SLPBTBA will lean on the [Minnesota Department of Health COVID-19 Decision Tree](#), their updated [Close Contacts and Tracing document](#) (released on December 7, 2020) and the MYAS “[Safe Play: Back to the Hardwood](#)” guidelines for youth basketball. *(Note: In some cases, the SLPBTBA may require more aggressive standards than are outlined in the “Back to the Hardwood” document.)*

## COVID EXPOSURE AND ACTION STEPS:

In the event a player or coach is exposed to someone who has COVID symptoms we will follow the [COVID-19 DECISION TREE FOR PEOPLE IN SCHOOLS, YOUTH, AND CHILD CARE PROGRAMS](#) and the [MDH’s updated Close Contacts and Tracing](#) document as utilized by the Minnesota Youth Athletic Services.

In general we will handle health concerns as follows:

- **Player or Coach – Illness symptoms of any sort regardless of severity:** Stay home and evaluate. There is no room for interpretation here. If a coach or player is experiencing ANY sickness symptoms, stay home.
- **Player or Coach – Tests positive for COVID-19:** Stay at home in isolation for at least 10 days from the time symptoms started until symptoms improve and no fever for 24 hours. Siblings and household members must also stay home for 14 days.





- **Player or Coach – Tests negative for COVID-19 and other confirmed diagnosis (strep throat, etc.):** Stay home until symptoms have improved. Follow specific guidance from health care provided on timeline to return to activities. Siblings and household members do not need to stay home.
- **Player or Coach – Tests negative for COVID-19 but with no other diagnosis:** Stay home at least 10 days since symptoms first appeared, and no fever for at least 3 days, and improvement of other symptoms. Siblings and household members must also stay home for 14 days.
- **If a player or a coach tests positive for COVID-19, is the entire team automatically shut down?**  
– This will be handled on a case-by-case basis as there are a number of factors at play within each situation, including the timing of the diagnosis and symptoms, and the type and duration of contact with others. The SLPBTBA board will review each situation in consultation with the above “Decision Tree” and – if deemed necessary – outside medical counsel, and then notify players and coaches as noted below.

**SLPBTBA** has implemented a policy for informing players and coaches if they have been exposed to a person with COVID-19 during practice or games and requiring them to quarantine for the required amount of time. When we are notified of a lab-confirmed case of COVID-19 in a member of our organization, we will cooperate with the Minnesota Department of Health to identify those who have had close contact and communicate with them, by sending Risk of Exposure Letter via email and following up with COVID-19 Close Contact Exposure Letter.

While we are identifying close contacts we will ask all members of the team to minimize the spread of the illness by taking the following actions:

*Wear a face covering when outside your home. Maintain at least 6 feet of distance from persons not in your household, when possible. Protect yourself and others by washing your hands often with soap and water; cover your cough; avoid touching your eyes, nose, and mouth with unwashed hands. If you are sick, stay home. Frequently clean all commonly touched work surfaces, work areas, and equipment (e.g., telephones, doorknobs, lunch areas, countertops, copiers, etc.).*



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## Implementation: What's It Look Like?

### Evaluations / Tryouts *(NOTE: evaluations were held in October, 2020):*

*Note: By sending a participant to evaluations / tryouts, parents and participant acknowledge that the athlete does not exhibit any COVID-19 symptoms (see above for symptom list). Participants should use hand sanitizer and have their temperatures checked prior to leaving home.*

- A team coach or a COVID Monitor will record attendance data for all event attendees.
- Each participant will submit to an on-site temperature check with the results recorded by a coach or a COVID Monitor. If the temperature is 100.4 (F) or higher, he will not be admitted to the event.
- Each individual is expected to use hand sanitizer upon entry and departure from the event. This is a shared effort. Parents are encouraged to have players sanitize hands before coming to an event, and teams will also provide hand sanitizer on-site for use before participation;
- No parents or spectators will be allowed inside the facility. For our youngest participants, a COVID Monitor will meet them at the designated entrance and guide them to the court.
- Athletes should attempt to maintain 6 feet of social distance as much as possible when not playing.
- Athletes will not be allowed into the facility until 5-10 minutes prior to the start and must exit the facility as soon as their tryout session is completed. For our youngest participants, a COVID Monitor will help assist with entry and exit.
- Athletes must wear a face covering from the parking lot into the gym and put back on once the tryout is complete to leave.
- Players without a face covering will not be allowed into the gym.
- Athletes must provide their own face coverings which meet MDH guidelines including covering the mouth and nose completely.
- Participants are asked to not congregate outside of the facility before or after competition.
- Athletes should wait in their car prior to the tryout until 5-10 minutes before, at which time they will be called into the building. While waiting they must maintain social distancing of 6 feet from other athletes.
- Athletes will enter and exit through the designated door(s).
- At no time will there be more than 25 people on any court, this includes evaluators and athletes.



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- When athletes are not playing during the tryout they will be asked to wear a face covering.
- For any paperwork not filled out online, it must be brought to the tryout and will be collected when the numbers are handed out.

### Team Practices

*Note: By sending a participant to a practice, parents and participant acknowledge that the athlete does not exhibit any COVID-19 symptoms (see above for symptom list). Participants should use hand sanitizer and have their temperatures checked prior to leaving home.*

- Athletes will enter and exit through the designated door(s). Teams will use the [Site Entry and Exit](#) outline made available at the beginning of the season.
- Maximum of 2 coaches and up to 2 COVID Monitors will be allowed for each team.
- A team coach or a COVID Monitor will record attendance data for all participants.
- Each participant will submit to an on-site temperature check, with the results recorded by a coach or a COVID Monitor. If the temperature is 100.4 (F) or higher, he will not be admitted to the event.
- Each individual is expected to use hand sanitizer upon entry and departure from the event.
- Parents and spectators will not be allowed in the gyms for practices or games. If for some reason they are required to be there (for a medical reason, for example), social distancing rules and face coverings are required.
- Athletes should not arrive more than 5-10 minutes before the start of practice and wait in their car until it is their time to enter and they should not enter the gym until the previous practice is over and those players have exited the facility. The team's coach or COVID Monitor should enter the facility first to ensure the gym is cleared prior to allowing the players to enter the facility.
- After practice, athletes should leave the facility immediately.
- Coaches are asked to repeatedly remind players not to touch their faces and remain socially distanced when possible.
- Coaches must conduct a daily symptom assessment and stay home if experiencing 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.



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- Each individual is expected to [wear a cloth mask at all times per the Minnesota Department of Health recommendations](#) released on December 28, 2020 and updated on January 5, 2021.  
Scrimmages will not be allowed without prior approval from the SLPBTBA board in an effort to minimize risk of exposure between teams.
- Each team is responsible for bringing hand sanitizing products and use of sanitizer before, during and after practice is recommended.
- Team discussions should occur with spacing allowed and face coverings on.
- Players should refrain from sharing equipment in general. This includes but is not limited to water bottles, towels or practice jerseys.
- Ridesharing should be kept at a minimum.

#### **Tournament Play:**

*Note: By sending a participant to a game or tournament, parents and participant acknowledge that the athlete does not exhibit any COVID-19 symptoms (see above for symptom list). Participants should use hand sanitizer and have their temperatures checked prior to leaving home.*

- SLPBTBA teams are expected to follow the guidance within this document and the requirements provided by the tournament host.
- An email prior to the event will be sent to players, parents, coaches, and team managers detailing game play, spectator and overall tournament guidelines.
- As with practices, temperatures of all participants from SLPBTBA will be taken on-site prior to the event and recorded (either by a coach or a COVID Monitor).
- Each individual is expected to [wear a cloth mask at all times per the Minnesota Department of Health recommendations](#) released on December 28, 2020 and updated on January 5, 2021.
- Athletes on the bench not playing are will remain socially distanced where possible.
- SLPBTBA teams and families will follow the spectator guidelines set by the host tournament. [Per the Minnesota Department of Health recommendations](#) originally released on December 28, 2020, no spectators will be allowed at tournaments.



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- Teams will bring their own sanitizing wipes and materials to clean areas and disinfect hands as needed.
- Coaches or COVID Monitors are asked to sanitize surfaces on the bench or chair area upon arrival.
- In some cases, only athletes, up to two coaches per team, and the referee(s) are allowed on the court. In these cases, a coach will also act as the COVID Monitor.
- In general and when possible, teams waiting to play must not enter the gym until the previous team has left the gym, as available teams will wait socially distanced in a staging area while waiting to go onto the court.
- Teams must leave the gym as quickly as possible following the conclusion of their game. Post-game discussions should be quick and limited, and conducted in a socially distanced manner.
- In general and when possible, during a game, participants must maintain six feet of separation from the opposing team on their respective benches.
- At the pregame meeting and throughout the game, coaches, players and officials will not be allowed to shake hands or have any physical contact with other participants.
- After the game, players will be asked to wave at the other team to promote sportsmanship. No handshakes or high fives.
- Teams should clear their area of all trash and other items after each game.
- Athletes should use their own personal water bottle. Team coolers are prohibited.
- Whenever possible, participants should enter and exit through designated areas that are different from each other. In the event there is only one entrance, teams will need to be cautious and courteous at the point of entry by observing all social distancing rules. Team should enter together and separate from other teams.

## **Buildings, Facilities and Ventilation:**

SLPBTBA does not own, control, or manage its own building facilities. Reopening SLPBTBA activity spaces will include necessary sanitation, assessment and maintenance of building systems including water, plumbing, electrical and HVAC systems. SLPBTBA is coordinating with the owners and operators of the facilities that SLPBTBA uses for its activity spaces to ensure that such protocols are met.



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## Cleaning and Disinfection:

SLPBTBA does not own, control, or manage its own building facilities. Regular practices of cleaning and disinfecting will be implemented with our coaches and volunteers. SLPBTBA is coordinating with the owners and operators of the facilities it uses for its activity spaces to ensure that appropriate cleaning and disinfection protocols are met.

## Communications:

- This plan will be shared with all participants on or before the first day of organized activity and will be available to all via the SLPBTBA website.
- Regular communications will occur to the coaches, referees, players, and parents that they should stay home should they be experiencing any symptoms.
- The SLPBTBA board contact for COVID-19 is [Christopher Blissett](#).

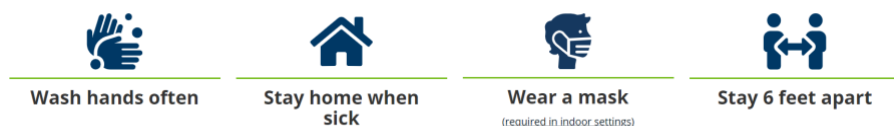
The 2020-2021 season will no doubt be complicated and require us all – players, coaches, parents, board members and program partners – to exercise extra patience, flexibility and understanding. But we as a board remain confident that we can safely and responsibly put together a basketball experience that achieves our goals of building excellent basketball players as well as young men of high character.

Thank you for your efforts to help us push forward.

Certified by:

Brian Dvorak

*SLP Boys Traveling Basketball Board President*





## Additional Resources:

### Recent:

- Update to [Close Contact quarantine](#) requirements (from Dec. 7, 2020) and the [original decision tree](#) from the fall.
- [MYAS statement](#) on return to practices and competition (from Dec. 28, 2020)
- [MSHSL statement](#) on return to practices and competition (from Dec. 28, 2020)
- [MDH statement](#) on return to practices and competition (from Dec. 28, 2020)

### General

- Centers for Disease Control and Prevention (CDC): Coronavirus (COVID-19) – [www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)
- Minnesota Department of Health (MDH): Coronavirus – [www.health.state.mn.us/diseases/coronavirus](http://www.health.state.mn.us/diseases/coronavirus)
- State of Minnesota: COVID-19 response – <https://mn.gov/covid19>
- MDH: Health screening checklist – [www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf](http://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf)

### Handwashing

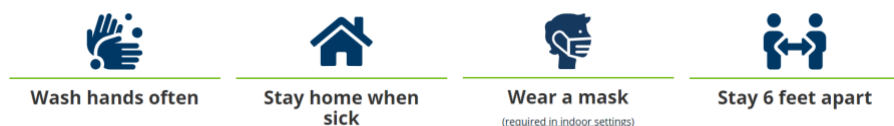
- MDH: Handwashing video translated into multiple languages – [www.youtube.com/watch?v=LdQuPGVcceg](https://www.youtube.com/watch?v=LdQuPGVcceg)

### Respiratory etiquette: Cover your cough or sneeze

- CDC: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)
- CDC: [www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](http://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)
- MDH: [www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html)

### Social distancing

- CDC: [www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html)
- MDH: [www.health.state.mn.us/diseases/coronavirus/businesses.html](http://www.health.state.mn.us/diseases/coronavirus/businesses.html)





### Housekeeping

- CDC: [www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html](http://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html)
- CDC: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)
- CDC: [www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html)
- Environmental Protection Agency (EPA): [www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

### Employees exhibiting signs and symptoms of COVID-19

- CDC: [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)
- MDH: [www.health.state.mn.us/diseases/coronavirus/basics.html](http://www.health.state.mn.us/diseases/coronavirus/basics.html)
- MDH: [www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf](http://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf)
- MDH: [www.health.state.mn.us/diseases/coronavirus/returntowork.pdf](http://www.health.state.mn.us/diseases/coronavirus/returntowork.pdf)
- State of Minnesota: <https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>

### Training

- CDC: [www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html](http://www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html)
- Federal OSHA: [www.osha.gov/Publications/OSHA3990.pdf](http://www.osha.gov/Publications/OSHA3990.pdf)
- MDH: [www.health.state.mn.us/diseases/coronavirus/about.pdf](http://www.health.state.mn.us/diseases/coronavirus/about.pdf)



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