



Tiger Hoops Club – COVID-19 Guidelines



Source: 2020 WIAA RETURN TO WINTER SPORTS CONSIDERATIONS, December 14, 2020

Created with assistance from: Wood County Health Department, October 2020

The following information will be provided to all parents, players, and coaches that participate in Tiger Hoops:

GENERAL CONSIDERATIONS FOR PRACTICES

- No participation or attendance if sick (symptoms and/or fever).
 - Athletes and coaches shall check their temperature before attending practices or games. If this cannot be done at home, a coach will perform a temperature check prior to entering the gym.
 - If an athlete or a coaching staff member has any of the following symptoms, they may not attend practices or games:
 - Temperature of 100.4° or above
 - Cough
 - Muscle or body aches (not from exercising)
 - Sore throat
 - Runny or stuffed up nose
 - Nausea, vomiting, diarrhea, or loss of appetite in the last few days
 - Loss of smell or taste
 - Players must tell coaches immediately if they are not feeling well during practice. Parent will be contacted to pick up their child immediately if this should occur.
- No spectators – coaches and athletes only.
- Hydration – All students shall bring their own water bottle. Water bottles must not be shared.
 - Due to the importance of hydration during practice, athletes should not be allowed to work out if they do not have access to their own water bottle. Many locations do not allow use of water fountains to drink from – please plan accordingly.
- Restroom Access – coaches will ensure restroom capacity is limited and adheres to physical distancing guidelines.
- Athletes & coaches are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently (every time on and off court).

COACHING CONSIDERATIONS

- Tiger Hoops Board will hold a coach's meeting to ensure coaches understand all safety protocols.
- Coaches are responsible for ensuring physical distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, changing drills, etc. so that players remain spaced out, and there is no congregating of players.
- COVID concerns from players/parents:
 - Each team will designate one coach as the designated contact for their players/parents.
 - One Tiger Hoops Board member will be the designated contact for the coaches – this will be communicated to the coaches.
- Coaches will keep an attendance record of who has attended practices and games in case there is a need for contact tracing (see example below).

ARRIVAL AND DEPARTURE

- Parking/Drop-Off/Pick-Up Areas – a coach will be responsible for escorting players to/from designated drop-off/pick-up location to gym to ensure players are not wandering around the facility.
 - Entry allowed 5 minutes prior to practice
 - All players/coaches will be out of the facility by 10 minutes after practice.
 - If parent is not on time for pick up, players will wait outside the facility. Coach will stay until parent arrives.
- Players/coaches will wash their hands upon arrival before entering the gym. Additionally, players and coaches are suggested to wash hands before leaving the facility.
- Coach will take temperature of each player before practice, prior to entering the gym.
 - Each team will have an infrared thermometer in their coach's bag.
 - Due to the cold weather and the fact that players could be wearing a stocking cap, players may have to wait in the entrance until temperature is normalized and an accurate reading can be collected.
 - Parents are expected to stay at the drop-off location until their child is cleared by the temperature check.

PHYSICAL DISTANCING

Close contact is defined as contact for 15 minutes in a 24 hour period and less than 6 feet apart. The Wood County Health Department looks at accumulated time for close contacts—15 minutes over the course of time it takes the athlete to arrive, warm up, train, or play.

Physical distancing of at least 6 feet is required when not participating (sideline, waiting for turn, etc.)

- Warm-ups/Stretching – Maintain social distancing between athletes.
- Congregating of Athletes and/or Coaches – Discourage congregating upon arrival, prior to practice, and immediately following practice.
- Huddles – social distancing will be maintained when the coach is communicating with the entire team, in smaller groups and with individual players.
- Elimination of Handshakes – Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.

MASKS

Masks must be worn at all times by players and coaches in accordance with the [current state mandate](#) at all Tiger Hoops Club practices, regardless of location.

- Tiger Hoops Club is not responsible for the rules/requirements of locations outside our control.
 - Coaches should use their discretion as to what guidelines they choose to follow at tournament/game locations. Coaches will communicate with parents the guidelines they receive (if any) from tournament venues.
 - Parents will decide if their child participates given the masking requirements followed at tournament/game locations.
- If a player has a medical reason for which they cannot wear a mask, parents need to communicate this to the coach and Tiger Hoops Club board. The Tiger Hoops Club board will grant exceptions as needed.

EQUIPMENT

- There will be limited shared athletic equipment. Any equipment that is used will be cleaned and disinfected prior to and immediately following practice.
- Personal Items – each athlete will bring their own gym bag for personal items.
 - Gym bags will be placed in a predetermined area 6 feet apart for the duration of practice.

- No shared clothing/shoes.
- Players will have their own basketball and as much as possible practice will be set up for players to utilize their own basketball. If a player is using a Tiger Hoops Club ball, all balls will be numbered and the player is expected to keep his/her numbered ball throughout the season.
- Coaches will be provided with the following:
 - Infrared thermometer
 - Hand sanitizer
 - Disposable masks

WHAT IF ATHLETE/COACH IS **SICK**:

Any athlete/coach that has symptoms and/or fever will not participate in any activity (meetings, practice, competition) and will begin self-isolation immediately.

- **Athletes/coaches with a positive COVID test** (even if no symptoms) cannot return to participation in training or competition until:
 - ✓ At least 10 days have passed since positive test; AND
 - ✓ No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND
 - ✓ COVID symptoms (for example, cough, shortness of breath, etc.) have improved;NOTE: Athletes may not return earlier if negative follow-up testing (cannot test out of isolation).
- **Athletes/coaches with probable COVID** (symptoms of COVID – but not tested), will not be allowed to participate in any training or event until:
 - ✓ At least 10 days have passed since onset of symptoms; AND
 - ✓ No fever without the use of fever-reducing medicine for at least 24 hours; AND
 - ✓ COVID symptoms (for example, cough, shortness of breath, etc.) have improved.

WHAT IF ATHLETE/COACH IS **EXPOSED**:

- If the athlete/coach that was exposed:
 - Previously had COVID (with a hard copy positive PCR test) in the last 3 months and that student is asymptomatic, there is no need to continue self-quarantine restrictions.
 - Previously had probable COVID (illness but not tested) in the last 3 months they must continue with self-quarantine restrictions described below.
- **“Close contact” to an individual with a positive COVID test**, athlete/coach may not return until:
 - ★ They have waited at least 10 days from last exposure to the infected person; AND
 - ★ Have no fever without use of fever-reducing medications; AND
 - ★ No COVID symptoms (for example, cough, shortness of breath, etc.) reported during daily monitoring.
 - Athlete/coach may return after day 7 if:
 1. No symptoms were reporting during daily monitoring; AND
 2. The person has a negative PCR test obtained on day 6 or 7 of quarantine.
 - In rare instances where the infected positive exposure is a family member with prolonged illness, then discussion and medical clearance with health care providers can be individually obtained and reviewed.
 - Daily symptoms monitoring must continue for a full 14 days (post-quarantine transmission risk is estimated to be 1-10% after 10 days and 5-12% after 7 days with the above protocol).
 - The athlete must strictly adhere to social distancing guidelines, wearing a mask and avoiding gathering for the full 14 days after exposure.
- **“Close exposure” to an individual with probable COVID** (symptoms but not tested), athlete/coach may not return until:
 - ★ They have waited at least 10 days from last exposure to the infected person; AND
 - ★ Have no fever without the use of fever-reducing medications; AND
 - ★ No COVID symptoms (for example, cough, shortness of breath, etc.).
 - If the individual with *probable COVID* is tested with a PCR test during the course of the quarantine and:
 - The PCR test comes back negative, all individuals quarantined based on that exposure are free to return to participation as long as no fever and no symptoms exist.

- The test comes back positive, all individuals must follow the directions above for close contact.
- Athlete/coach may return after day 7 if:
 3. No symptoms were reporting during daily monitoring; AND
 4. The person has a negative PCR test obtained on day 6 or 7 of quarantine.

Athletes may decondition during their quarantine and may require additional time to get back to full speed.

Source: <https://www.wiaawi.org/Portals/0/PDF/Health/Covid/WIAA-Winter-Sport-Guidelines.pdf>

