



Ashburn Youth Basketball League: COVID 19 Return to Play Plan – Rev 4, Revised January 15, 2021

This document outlines the policies and practices that AYBL will implement and mandate for all board members, directors, coaches, players, spectators and participants of our league. This plan will be implemented at the start of the 2020-21 season and will be required of all involved until further notice as directed by the League President and Board of Directors. Our plan follows that of other organizations such as LCPS, the Governors Phase Guidance and executive orders as well as the Virginia High School League. This plan applies only to league operations under the Forward Virginia Phase 3 guidance and beyond Phase 3 guidance. Should Loudoun County or the State of Virginia revert backwards to Phase 2, Phase 1 or Phase 0 of the Forward Virginia Plan and Phase 2 requirements and restrictions or stricter restrictions, all AYBL activities will be halted in their entirety at that time. It is our intent to operate safely under the guidance of the Forward Virginia Plan while in Phase 3 and beyond Phase 3.

Points of Emphasis:

- Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. As state and local COVID-19 prevalence decreases, the need for strict social distancing and the use of face coverings will lessen.
- Due to the near certainty of recurrent outbreaks in the coming months, our league must be prepared for periodic closures and the possibility of some teams having to isolate for two or more weeks while in-season.
- Phases are in accordance with guidelines published by VA Governor Northam, VHSL, LCPS, Loudoun PRCS and local health officials and are subject to change.
- Players/Coaches/Parents/Guardians and anyone who dwells with that individual, who travel to locations outside of the continental United States will be required to not participate due to self-quarantine for two (2) league weeks following their return.
 - A league week is defined as 12:01am Sunday morning through 11:59pm Saturday evening.
 - If a player returns in the middle of a league week, they will be required to not participate due to self-quarantine for two (2) full league weeks regardless of their date of return.
 - Failure to comply with this requirement will result in removal from the league with no refund offered
- If a Player/Coach/Parent/Guardian and/or anyone who dwells with that individual, who traveled to a location outside the continental United States wishes to take a COVID test to possibly limit the self-quarantine period after their international travel, everyone in the household dwelling would need to take a COVID PCR test no sooner than 6 days after their return date.



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- The return date would need to be verified by airline information and submitted to AYBL board members
 - Testing date would need to be confirmed prior to taking the COVID PCR test
 - Test results for everyone in the household dwelling would need to be submitted to AYBL board members
 - Once negative test results are received for all members who dwell with the player(s)/coach, AYBL will then determine the date in which resume to play would occur.
- A parent or guardian MUST walk the player into the gym at the start of each practice and game. There is NO DROP OFF for players regardless of age (this includes HS players). All players, coaches and parents/guardians must wear a mask or face covering when entering and exiting the building and throughout the check in process. To limit capacity in the gym, and not exceed 25 people at one time, parents are NOT permitted to attend/watch practice. They must check their child(ren) in for the practice and exit the facility upon completion of our defined check in process. In accordance with PRCS policies, AYBL has restricted all games to a 1:1 ratio of player to spectator. No player is allowed more than 1 spectator at each game regardless of roster size.

Additional Points of Emphasis:

- Coaches are not permitted to begin practices prior to November 16th; this includes coaches selected to coach one of our middle school (travel) teams.
- AYBL Teams are not permitted to participate in any AAU, Club or event held by an organization outside of AYBL and Loudoun Parks and Recreation.
- Practices for all teams is limited to the allocated practices by the league; for the 2020-21 season, teams are NOT permitted to secure space outside of what is allocated under any circumstances. Doing so will forfeit the team's season and there will be no refunds given.

Board of Director Responsibilities:

- Oversight of league operations, players, coaches and parents.
- Training of coaches on the screening process of athletes prior to participating in any out of season practices.
- Collection and record keeping (via SharePoint or google drive) of all coaches and athlete's health screening declaration form.
- Creation of entrance and exiting strategies and implementation of a plan that is shared with coaches, parents, and athletes.
- Communication with Loudoun Parks and Recreation staff to ensure that hard surfaces are being cleaned, soap dispensers and paper towels are being refilled



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Player Responsibilities:

- Players who are normally dropped off by their parent/guardian will not be permitted to do so. Anyone that is dropped off, will not be permitted to participate in any activity that evening. All Parents MUST walk their child into both practices and games.
- Players will be required to complete the health screening questionnaire process via the Team-Screen application 2 hours prior to the scheduled start time and no less than 20 minutes before the scheduled start time. Team-Screen will send the link to the questionnaire to the email of the primary parent listed on the players registration.
- On December 17th 2020 – Loudoun LCPS and Loudoun Parks and Rec (PRCS) issued a policy update that all players MUST wear a mask while participating in youth sports when the facilities are allocated by Loudoun PRCS or take place in a Loudoun County Public School facility. As such, AYBL has instituted this policy effective immediately that all players regardless of age, division of play or location of practice. As of December 17th, 2020 all AYBL players must wear a mask or face covering while participating in AYBL team practices and games. As this policy was mandated by Loudoun County Government, AYBL will NOT be issuing refunds as a result of this change.
- Any player that refuses to wear a mask/face covering or wears their mask/face covering so that it does not cover their nose and mouth while participating in league activities will be removed from play immediately and asked to exit the building, this includes while sitting on the bench and not actively engaged in play. Repeat offenders (2 or more instances), the player will be removed from the league for the remainder of the season without refund. The board of directors reserve the right to deviate and issue suspensions on a case-by-case basis after evaluation of the infraction.
 - Per the CDC Guidelines, AYBL prohibits the use of masks with exhalation valves or vents.
- Any player who has traveled outside of the continental United States will not participate due to self-quarantine for two (2) weeks of play. A league week is defined as 12:01am Sunday morning through 11:59pm Saturday evening of the same calendar week.
 - Anyone returning in the middle of a league week will not be permitted to participate due to self-quarantine for two (2) complete weeks prior to play as defined above.
 - Example – player returns on Wednesday evening; they will need to self-quarantine for the league beginning Thursday through Sunday and -then Sunday would be the start of the full two (2) league weeks
- If a Player who traveled to a location outside the continental United States wishes to take a COVID test to possibly limit the self-quarantine period after their international travel, everyone in the household dwelling would need to take a COVID PCR test no sooner than 6 days after their return date.



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- The return date would need to be verified by airline information and submitted to AYBL board members
 - Testing date would need to be confirmed prior to taking the COVID PCR test
 - Test results for everyone in the household dwelling would need to be submitted to AYBL board members
 - Once negative test results are received for all members who dwell with the player(s), AYBL will then determine the date in which resume to play would occur.
- Players MUST provide their own water bottle – 32oz recommended; if they arrive at practice or a game without one, they will not be permitted to participate that day.
 - There are to be no hugs, high fives, fist bumps or handshakes before, during or after practices and/or games. Teams will no longer line up at the end of each game to shake hands or high five.
 - It is recommended that players bring a personal bottle of hand sanitizer with them to both practices and games. It should not be shared with any other players or even friends.

Parent & Spectator Responsibilities:

- All Parents are required to provide updated contact information to the league and coaches for the player. The contact information should include all contact numbers for both parents and any guardians.
- All parents/guardians must walk their child into the gym and check-in with the HEAD coach of the team prior to departing the gym. A parent MUST be present during the health screening verification process.
- Players will be required to complete the health screening questionnaire process for their child(ren) via the Team-Screen application 2 hours prior to the scheduled start time and no less than 20 minutes before the scheduled start time. Team-Screen will send the link to the questionnaire to the email of the primary parent listed on the players registration.
 - If practice is scheduled for 6:30pm, the email will arrive at 4:30pm and must be completed and submitted by 6:10pm.
- Parents will be required to wear a mask/face covering when checking in their athlete and participating in the health screening with their athlete. Should a parent not comply with this requirement, they will be asked to leave the facility immediately.
 - Per the CDC Guidelines, AYBL prohibits the use of masks with exhalation valves or vents.
- Siblings and other non-participating children are not be permitted to attend practice and/or games. The goal of this requirement is to limit the number of individuals in the hallways and gyms during the course of play.



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- Siblings who have a game before or after another child must remain in the gym, seated behind the bench, under the direct supervision of their parent/guardian, must be wearing a mask/face covering and a jersey in order to be identified as a registered participant of AYBL, and must wear a face covering while in the gym regardless of the players age. Players wearing jerseys from other leagues will be asked to leave the building.
- Children found playing in the hallways or in other areas of the facility will be immediately asked to leave the school premises – no exceptions.
- Parent spectators will be limited to 1 spectator per player in order to maintain state and local guidelines of 25 or less people in the gym. This restriction applies to elementary, middle and high school gyms. There will be no use of the bleachers. All parents must bring their own chair when attending games – this applies to both the main gym and auxiliary gyms. Spectators will sit or stand 10 feet apart and will be required to wear a mask or face covering while in the building.
- Parents/Guardians and Spectators are NOT permitted to consume any food or drink (including water) while in the school facility. Only water is to be consumed by players and coaches.

Coach Responsibilities:

- Must participate in coaches meeting prior to December 3rd, 2020. Failure to attend will preclude that team from starting practice until they have met with the league board of directors.
- Create and document all practice plans that adhere to practice guidance outlined in the AYBL Return to Play Plan – DON'T ARRIVE TO PRACTICE AND SIMPLY *WING IT*
- Coaches will be required to complete the health screening questionnaire no earlier than two (2) hours prior to practice, verified by time stamp. This information will be collected via a Team-Screen application and stored in the league database.
 - Example, if practice is scheduled for a start time for 6:30 pm, the time stamp of the temperature and health screening questionnaire must be 4:30 pm or after but before they enter the facility.
- The HEAD coach (or their league approved assistant coach) is to verify completion of all health screening requirements for players and staff prior to that player or coach participating in any team activity that day. Team-Screen will send an email to the head coach notifying them of who is cleared to participate that day 15 minutes prior to the scheduled start time of the event.
 - Health Screening for Assistant Coaches will be required and verified by the head coach.
 - The Assistant Coach will verify the completion of the health screening process for the head coach.



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- All coaches must wear a face covering. Any coach that does not comply with this requirement will be suspended 1 week per occurrence. The board of directors reserve the right to deviate and issue suspensions on a case-by-case basis after evaluation of the infraction.
 - Per the CDC Guidelines, AYBL prohibits the use of masks with exhalation valves or vents.
- Require that all participants wash their hands thoroughly prior to the start of practice/game as well as at the end of practice/game while maintaining social distancing while doing so.
- Coaches are responsible for maintaining social distancing to the extent possible of their bench personnel as well as ensuring that players continue to comply with the mask/face covering requirement of AYBL while on the bench.
- We recommend that Coaches bring their own personal bottle of hand sanitizer with them to practice and games.
- We recommend that Coaches bring their own water bottle to practice and/or games. If they arrive at practice or a game without one, they will not be permitted to use the drinking fountain or a player's water bottle even if the player is their child.
- Practices will be confined to activities within your own team. House League Teams are NOT permitted to scrimmage; game play allowed only as scheduled by AYBL. Travel Teams are restricted to scrimmaging only teams at the same school (Stone Hill vs. Stone Hill as an example)
- If two teams are sharing gym space for practice, both teams should remain on their part of their court without any cross over of gym space.
- Any coach found violating these items outlined in this plan will be removed from participation for the remainder of the season – there will be no discussion and no exceptions made.
- There will be no pre and/or post-game team meetings within the hallways of the school. If you wish to do a post-game meeting it must be done outside with 6 feet social distance between each family and coaches.
- All coaches MUST identify an assistant coach or parent to complete the background check process in order to have redundant coverage for the players should a coach need to quarantine or self-isolate during the course of the season. Coaches are permitted 2 assistant coaches; at least one assistant coach MUST reside outside of the home of the head coach.
- Any coach who has traveled outside of the continental United States will not participate due to self-quarantine for two (2) weeks of play. A league week is defined as 12:01am Sunday morning through 11:59pm Saturday evening of the same calendar week.



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- Anyone returning in the middle of a league week will not be permitted to participate due to self-quarantine for two (2) complete weeks prior to play as defined above.
 - Example – player returns on Wednesday evening; they will need to self-quarantine for the league beginning Thursday through Sunday and -then Sunday would be the start of the full two (2) league weeks
- If a Coach and/or someone who resides in the same household traveled to a location outside the continental United States wishes to take a COVID test to possibly limit the self-quarantine period after their international travel, everyone in the household dwelling would need to take a COVID PCR test no sooner than 6 days after their return date.
 - The return date would need to be verified by airline information and submitted to AYBL board members
 - Testing date would need to be confirmed prior to taking the COVID PCR test
 - Test results for everyone in the household dwelling would need to be submitted to AYBL board members
 - Once negative test results are received for all members who dwell with the coach, AYBL will then determine the date in which resume to play would occur.

General Requirements:

- If a player is sick or has symptoms related to COVID-19 – STAY HOME
 - If a player arrives and the coach of that player suspects that the player is sick or is told by another player on the team that they were home sick that day; the coach is authorized to remove the player from participating and will notify the parents/guardian immediately at that time to come and pick up the child.
- Coaches are to have a list of all contact information with them for each player on their team(s) at all times.
- Coaches are to have a mask or cloth face covering when 10 feet of social distance cannot be maintained
- Coaches and players MUST provide their own water bottle (minimum of 32oz required)
- If a player, coach, parent/guardian and anyone who dwells with that individual has traveled overseas, they are to remain home for two (2) league weeks. A week is defined as:
 - A week is defined as 12:01 am Sunday morning through 11:59 pm Saturday evening of the same calendar week.
 - Anyone returning in the middle of a week will not be permitted to participate for two (2) complete league weeks prior to play.
 - Example – player, coach or parent/guardian and anyone who dwells with that individual returns on Wednesday evening; the player or coach will



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need to self-quarantine for the league beginning Thursday through Sunday and then Sunday would be the start of the full two (2) league weeks

- If a Player, Coach, Guardian, Parent and/or dwells with the individual who traveled to a location outside the continental United States wishes to take a COVID test to possibly limit the self-quarantine period after their international travel, everyone in the household dwelling would need to take a COVID PCR test no sooner than 6 days after their return date.
 - The return date would need to be verified by airline information and submitted to AYBL board members
 - Testing date would need to be confirmed prior to taking the COVID CPR test
 - Test results for everyone in the household dwelling would need to be submitted to AYBL board members
 - Once negative test results are received for all members who dwell with the coach/player(s), AYBL will then determine the date in which resume to play would occur.

If a PLAYER or Parent of a Player tests positive – who is contacted:

- Upon a positive test notification of a PLAYER – the parents are to immediately upon confirmation (within 4 hours of confirming a positive test) notify the following individuals of a positive test:
 - Head Coach of the player who tested positive
 - Zack Orchant, President – president@ayblva.org
 - Julia Padron, League Admin – admin@ayblva.org
 - Terri Lough, Vice President – tmlough24@yahoo.com
- Within the 4 hours as noted above, a copy of positive test documentation is to be provided to those listed below in the league office. This documentation is needed for contact tracing dates and times.
 - Zack Orchant, President – president@ayblva.org
 - Julia Padron, League Admin – admin@ayblva.org
 - Terri Lough, Vice President – tmlough24@yahoo.com
- The League Board of Directors will notify Loudoun PRCS of confirmation of the positive test
- Failure to notify in the prescribed 4-hour window will result in removal from the league with no refund offered
- The League Board of Directors will notify the other coaches and parents who were in the gym at the same time of the individual as well as those who practiced both before and after the individual who tested positive that may have come in contact with the individual who tested positive. Names of the player or participant that tested positive will not be given when notification takes place.



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- Any need for mandatory quarantine or self-isolation will be at the direction of the Loudoun Health Department
- Any player and/or coach who tests positive will need to quarantine or self-isolate for 10 days from the date of the positive test, per the CDC guidelines, or until a negative test result is provided to the league office and is symptom free for the duration of the 10-day period.
- Any player who is in contact with someone who has tested positive will not be permitted to participate in league activities for 10 days from the date of exposure to the positive person, have also been symptom free throughout the duration of that 10-day period and not been in close contact with other known positive cases. Documented evidence of being symptom free during the 10-day period must be provided to the AYBL points of contact outlined above. This is in line with the CDC recommended option found here: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

If a COACH tests positive – who is contacted:

- Upon a positive test notification of a COACH (head or assistant) – the coach is to notify the following individuals immediately (within 4 hours of confirming a positive test) upon confirmation of a positive test:
 - Zack Orchant, President – president@ayblva.org
 - Julia Padron, League Admin – admin@ayblva.org
 - Terri Lough, Vice President – tmlough24@yahoo.com
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- Within the 4 hours as noted above, a copy of positive test documentation is to be provided to those listed below in the league office. This documentation is needed for contact tracing dates and times.
 - Zack Orchant, President – president@ayblva.org
 - Julia Padron, League Admin – admin@ayblva.org
 - Terri Lough, Vice President – tmlough24@yahoo.com
- The League Board of Directors will take action to notify Loudoun PRCS of confirmation of the positive test
- Failure to notify in the prescribed 4-hour window will result in removal from the league for the remainder of the season and impact future participation as a coach
- The League Board of Directors will notify others who were in the gym at the same time of the individual as well as those who practiced both before and after the individual who tested positive and may have come in contact with the coach who tested positive. The name of the person that tested positive will not be given when notification takes place.
- Upon confirmation of a positive test by a coach, the coach will need to quarantine for 10 days from date of test.



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- For a person a coach dwells with (spouse or otherwise), the coach will need to self-quarantine for 10 days from the date of positive test for the individual the coach dwells with. On the 6th day of self quarantine, the coach may choose to be tested using a PCR test. Based on those test results, the league will either expand the quarantine if test is positive or end the quarantine if test result is negative at the conclusion of the previously specified 10-day period provided the coach themselves have been symptom free during the entirety of the 10 days. This is in line with the CDC recommended option found here: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

Specific Requirements: PRE-Activity:

- Each participating coach (head and assistants) completes a Health Screening Form via a Team-Screen application, including a temperature check, for themselves before interacting with athletes and other coaches.
- The coach and assistant coaches must not complete the Health Screening Form and their temperature check earlier than two (2) hours before the team activity starts
- Athletes must be checked in by a parent or guardian
- Parents must complete the health screening process via a Google Form, inclusive of a temperature check, no earlier than two (2) hours prior to team activity.
- The coach verifies the completion of the Health Screening Form for each athlete prior to the start of practice. This should be done outside the building if possible or in the hallway immediately outside of the facility prior to entry into the gymnasium.
- If the athlete has completed their health screening process, displays no symptoms, has their own bottle of water and has indicated a temperature of less than 100.4 as documented via Team-Screen - they may then participate in practice/game that day.
- Anyone who does not complete the health screening form prior to arrival at the gym, displays symptoms prior to or upon arrival, indicates a temperature of 100.4 and above or does not have adequate water, WILL be sent home.
- All players must wash their hands per CDC guidelines prior to practice maintaining social distance while doing so.

Specific Requirements: POST-Activity:

- All players will be required to wash their hands at the conclusion of practice and games, please maintain social distance when doing so.
- The league office WILL keep an electronic copy of the Health Screening Form.
- Athletes MUST be picked up at the conclusion of a practice or game in a timely manner



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- Pick up must occur within 10 minutes of practice ending unless, due to events outside of a parent/guardian's control occurs (flat tire, family emergency) and is communicated to the head coach when such an event happens
- Parents who fail to abide by this will be removed from the league with no refund offered. AYBL and Loudoun PRCS is not a babysitting service and athletes must be picked up on time at the end of practice and games each day.
- The coach **MUST** be the last person to leave the facility following a practice or game excluding PRCS/LCPS staff. Where possible we are going to ask that there be a designated entrance and designated exit to minimize further contact among different groups and teams.

Keys for Success:

- Communication with league board of directors, age group directors, coaches, parents, and athletes.
- Outlining clear expectations and guidelines.
- Entrance and exit plan especially inside the building.
- Modeling the appropriate behavior of social distancing and wearing face masks or face coverings
- Accountability and preparedness.