

MHAA In house Basketball COVID-19 Preparedness Plan (version 10.08.21)

The following guidelines incorporate recommendations from various sources and rely on resources compiled by, but not limited to, the Center for Disease Control (CDC), the Minnesota Department of Health (MDH) and MYAS (Minnesota Youth Athletic Services).

The goal of this Plan is to provide 'Return to Play' guidelines for coaches, officials, athletes, and families participating in MHAA Basketball during the 2021-22 season in accordance with federal, state and local recommendations in order to ensure the health and safety of our athletes, coaches, officials and parents/guardians.

IMPORTANT: Playing sports with and/or against other individuals, in any capacity during this time, holds an inherent risk of an infection for the athlete and/or other individuals in close proximity to the athlete, particularly household members. Please consider this risk when allowing your athlete to participate in MHAA Basketball. Please review Appendix A for individuals at increased risk. MHAA Basketball will provide coaches, officials, parents/guardians and athletes with the information to properly follow the guidelines set forth by national, state, and local governing bodies regarding COVID-19 and understand that these recommendations and guidelines may change. MHAA Basketball will adapt its plans accordingly and inform teams (coaches, parents/guardians, and players) when those changes are made.

GUIDING PRINCIPLES:

- The information regarding SARS-CoV-2, the virus causing the COVID-19 illness, continues to change both nationally and within our community. These recommendations will be reviewed and updated based on new information and per the recommendations and guidelines of national, state, and applicable local governing bodies.
- Key recommendations covered in the next section include frequent, effective hand hygiene, social distancing, disinfecting high touch equipment, limiting size of activities, and ensuring proper spacing during activities as allowed.
 - The recommendations discussed below are meant as guidelines, in the context of federal, state, local county, and city recommendations. All federal and state health department orders/recommendations as related to sports, must be followed.

1. Responsibilities and Expectations

- 1.1. Coaches are responsible for enforcing the expected behaviors laid out in this document. Failure to enforce the behaviors or demonstrate them by coach or player will result in disqualification in participating in all league activities for the season.
- 1.2. Parents/guardians are responsible for reviewing the MHAA Basketball COVID-19 Preparedness Plan and following the behaviors identified for parents/guardians. They are responsible for directing any questions to their coach.
- 1.3. Parents/guardians agree to execute a waiver of liability prior to their child participating in the MHAA Basketball program. See Appendix B for a copy of the required waiver document.

2. Communication Policy and Protocol

- 2.1. This plan will be posted on the MHAA Basketball website for parents/guardians and communicated via email.

2.2. Miquela Hernandez (Basketball Commissioner) and John Masica (Executive Director) are the points of contact for MHAA Travel Basketball COVID-19 Preparedness Plan.

2.3. Coaches will receive training prior to the start of the MHAA Basketball Season.

2.4. Each team coach will also function as the team COVID Coach and communicate this to the Basketball Commissioner.

2.5. See Appendix B for a detailed protocol in the event of COVID exposure of an athlete, coach, official or family member.

3. Self Monitoring / Pre-Screening and Ensuring Those That Are Sick Stay Home

3.1. Athletes, coaches, and officials/referees MUST pre-screen themselves prior to any activity taking place for MHAA Basketball. Pre-screening information, notification requirements regarding a pre-screening, medical considerations and return to play post COVID-19 diagnosis and recovery are provided in Appendix C

3.2. Temperature checks must be conducted at home prior to arrival at practice or a game for each athlete and coach. Individuals with an elevated temperature will not be allowed to participate and will be instructed to follow the guidance in Appendix C.

4. Social Distancing

4.1. Players and Families should be mindful to maintain social distancing as they drop players off at practices and players and coaches enter the building. There will be multiple teams practicing at our practice facilities, but attendance/capacity has been reduced, consistent with applicable COVID protocol and to accommodate the ability to maintain social distancing at arrival and departure.

4.2. Players and coaches shall remain apart by 6 feet or more during practice breaks and during breaks from games/scrimmages.

4.3. Coaches will limit 'huddles'. When the coach is addressing the team in a "huddle" fashion during a practice or game, players and coaches need to remain 6 feet apart at all times.

4.4. No handshakes, fist bumps or high fives during practice or games. Any congratulatory or celebratory norms of the game that involve close contact should be avoided and replaced with new options that promote social distancing.

5. Personal Protective Equipment: Masks/Face Coverings

5.1. To the extent mandated by applicable law and/or the rules of the rental or tournament site, athletes and coaches should wear masks/face coverings as required by such mandates and rules, which may include during practice and competition (i.e. scrimmages, games and tournaments).

5.2. Athletes and Coaches are responsible for providing their own masks/face coverings.

6. Group Size Limitations / Activity Overview:

6.1. Arriving to practice

6.1.1. Students should be dropped off outside the building where practice is being held. Parents/guardians should drop off in the parking lot and leave promptly.

6.1.2. Athletes should remain 6 ft apart when arriving to practice. Coaches should ensure players are walking directly to their assigned court and not congregating.

6.2. Exiting Practice

6.2.1. Players should remain 6 ft separated from each other in designated areas while collecting their equipment/packing their bags and while exiting the building after practice.

6.2.2. All attendees should maintain social distancing guidelines after a practice or game is completed. Teams should not congregate, post-match debriefs should be kept to a minimum, and individuals should depart the premises promptly.

6.2.3. Coaches, or their designees, are responsible to remain with their players until all have been picked up.

6.3. General team activities

6.3.1. Each team will constitute a Pod.

6.3.2. Pods will consist of no more than 11 players with 2-3 coaches per pod. Total number of players and Coaches will not exceed 15 individuals per pod.

6.3.3. The Head Coach for each team is responsible for taking attendance at each practice and game for contact tracing purposes.

6.4. Practices

6.4.1. Basketball may be conducted “as usual” with the exceptions outlined herein.

6.4.2. Unless reasonably necessary for competition or skill development, players and coaches should maximize social distancing with players and coaches remaining 6 feet from each other, when feasible. For example, stretching and cool-down activities can reasonably ensure 6 feet of separation.

6.4.3. Whenever feasible, group interaction between players and coaches (huddles) should involve players spaced out, more than 6 feet apart from any other player or coach.

6.4.4. In-practice scrimmages are permitted, as long as (1) the requirements contained in this plan are followed by all participants; (2) no more than 2 pods are combined during a given calendar week, (3) attendance is taken for contact tracing purposes, (4) only MHAABasketball teams participate; and (5) any scrimmages with non-MHAA teams require prior written approval of the MHAA Basketball Commissioner.

6.5. Games/Tournaments

6.5.1. MHAA In House Basketball will host Saturday games during the 2021-2022 season.

6.5.2. Players will not wear masks during competition but will wear masks on the sidelines and when not participating.

6.5.3. Coaches are responsible for ensuring their team’s compliance with requirements and protocol and should consult the MHAA Basketball Director or Basketball Commissioner for additional guidance.

6.5.4. Teams may not participate in any games or tournaments out-of-state without prior written consent of the MHAA Basketball Commissioner.

7. Spectators

7.1. No Spectators or visitors will be allowed at practice.

7.2. Spectators may attend games, and will have wear a mask at all times.

7.3 Spectators should also prescreen prior to attending game, refer to Sec C prior to attending

8. Hand Hygiene & Respiratory Etiquette

- 8.1. Players and coaches must sanitize hands prior to each practice/game and between game rotations.
- 8.2. MHAA will work with Coaches to ensure each team has a supply of disinfectant wipes and hand sanitizer.
- 8.3. Athletes will be reminded not to touch their face.
- 8.4. Players and coaches should cover their mouth when coughing or sneezing (into the nape of the elbow) and then promptly wash and sanitize their hands.

9. Cleaning and Disinfecting of Space and Equipment

- 9.1. Equipment, especially each basketball, should be disinfected before and after practices and games. We are asking each child bring their own sanitized basketball to games and practices
- 9.2. Players should bring their own equipment (hand sanitizer, basketball, water bottle, towels, etc.) that should not be shared between individuals.
- 9.3. Hydration: No sharing of water bottles is permitted during any team activities. An individual athlete may use their own water bottle and should be clearly marked with their name and not shared with others. Players should bring their own water bottle and teams should not use cups and water coolers.
- 9.4. Practice Jerseys: Any practice jerseys used during practices or games should be washed daily and not switched to different players during a practice or game.

Appendix A: At risk health conditions for athletes and coaches

- 1. Athletes and coaches or officials who should consider delaying their participation in sports and activities are those with any of the following:
 - 1.1. Diabetes
 - 1.2. Chronic Lung Disease including Asthma
 - 1.3. Severe obesity (Body Mass Index >40)
 - 1.4. Chronic kidney disease
 - 1.5. Heart conditions
 - 1.6. Immunocompromised (e.g. any transplant recipient, needing immunosuppressant medications (e.g. steroids, biologics, etc.), patients receiving chemotherapy, etc.)
 - 1.7. Age greater than 65 years
- 2. If you think that your child is immunocompromised, please check with your child's healthcare provider (Physician (MD/DO), Nurse Practitioner (NP), Physician Assistant (PA)) before returning them to MHAA Travel Basketball.

Appendix B: RETURN TO PARTICIPATION WAIVER

In consideration of my child, _____, being allowed to participate in Mendota Heights Athletic Association's Basketball program and related events, practices and activities during the 2021-2022 season, the undersigned acknowledges, appreciates, and agrees that:

- The risks of injury and illness (including specifically, communicable diseases such as COVID-19, MRSA, and influenza) to my child from the activities involved in these programs are significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and,
- For myself, spouse or domestic partner, and child, I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releasees or others, and assume full responsibility for my child's participation; and,
- I willingly agree to comply with the Mendota Heights Athletic Association Basketball Program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation or in the program itself, I will remove my child from participation and bring such attention of the nearest official immediately; and,
- I myself, my spouse or domestic partner, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby release and hold harmless the Mendota Heights Athletic Association and its representatives, volunteers, and participants ("Releasees"), with respect to any and all injury, illness, disability, death, or loss or damage to person or property incident to my child's involvement or participation in the Mendota Heights Athletic Association's Basketball program and related events, practices and activities, whether arising from the negligence of the Releasees or otherwise, to the fullest extent permitted by law.

I, for myself, my spouse or domestic partner, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby indemnify and hold harmless all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, even if arising from their negligence to the fullest extent permitted by law.

I, the parent/guardian, assert that I have explained to my child: the risks of the activity, his responsibilities for adhering to the rules and regulations, and that my child understands this agreement.

I, FOR MYSELF, MY SPOUSE OR DOMESTIC PARTNER, AND CHILD, HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of Child: _____

Name of Parent/Guardian: _____

Parent/Guardian Signature: _____

Date Signed: _____

Appendix C: Screening, diagnosis, reporting and return from positive COVID-19 test.

1. Screening

- 1.1. Every coach should pre-screen themselves prior to attending a MHAA Basketball activity, using the criteria provided by the CDC and MDH.
- 1.2. Every parent/guardian should pre-screen their athlete prior to attending a MHAA Travel Basketball activity, using the criteria provided by the CDC and MDH.
- 1.3. All participants should use the Minnesota Symptom Screener linked [here](#).
- 1.4. Pre-Screening should include:
 - 1.4.1. Today or in the past 24 hours have you had any of the following symptoms:
 - 1.4.1.1. Fever (temperature greater than 100.4 for children and greater than 100 for adults)
 - 1.4.1.2. New or worsening cough
 - 1.4.1.3. Shortness of breath or trouble breathing
 - 1.4.1.4. Sore throat, different than your seasonal allergies
 - 1.4.1.5. New loss of smell and/or taste
 - 1.4.1.6. Diarrhea or vomiting
 - 1.4.1.7. Do you have a household or close contact who has been diagnosed with COVID-19 in the past 2 weeks?
 - 1.4.2. Temperature check with a thermometer is recommended
- 1.5. If an athlete/coach has positive finding on their COVID-19 pre-screening they should NOT attend the activity that day and should contact their coach.
- 1.6. If symptoms do not show until a coach or athlete is at practice, they should be sent home immediately. If their parent /guardian is not present, the athlete will be escorted to a designated isolation area that is away from all others and safe from any practice or game activity. The athlete will be asked to wear a mask.
- 1.7. The athlete/coach should be directed to a COVID-19 screening visit.
- 1.8. The athlete or coach shall not be allowed back until they have documentation demonstrating that the SARS-CoV-2 test was negative or a note from a healthcare provider indicating they do not need to get tested and their symptoms are not due to COVID-19.
- 1.9. All players/coaches health information and collected data will be privately held and not shared outside the coaching staff, travel director and commissioner.

2. Diagnosis and Reporting of positive COVID-19 athletes/coaches

- 2.1. Any parent or guardian of a MHAA Basketball player with a confirmed case of COVID-19 will notify John Masica at director@mendotaheightsathletics.com and the MHAA Basketball Commissioner immediately after learning of the positive COVID-19 test.
- 2.2. Anyone identified as a Close Contact with a confirmed case of COVID-19 (player, coach, referee, or other team) will be notified by MHAA or MDH. A Close Contact is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

- 2.3. John Masica of MHAA will report any cases of players/staff/referees to Minnesota Department of Health at health.sports.covid19@state.mn.us. MHAA will also notify any applicable contacts for any rental sites or tournaments.

3. Exposure to a Suspected or Diagnosed Case of COVID-19: The recommendations below are intended to provide a guide for decision-making as it relates to protocols for navigating a possible exposure to a suspected or diagnosed case of COVID-19. Any guidelines or requirements from the CDC or MDH govern in the event of a conflict with the statements outlined below:

- 3.1. Any player or staff who has been exposed to a COVID-19 case shall self-quarantine for 14 days from the last contact with the case. In this case, exposure means any one of the following: Caring for a sick person with a suspected or confirmed COVID-19 infection. OR Living in the same household as an individual with a suspected or confirmed COVID-19 infection. OR Individual who has had close contact (> 6 feet) for greater than or equal to 15 minutes with known or suspected COVID-19 or possible COVID-19 infection.
- 3.2. MHAA will consider these quarantine criteria “automatic”. This determination of close contact can either be made by MHAA, the MHAA Basketball Commissioner, or by contact tracers at MDH.
- 3.3. If you are certain an individual had 15+ minutes of close (< 6 feet) contact with a lab-confirmed case of COVID-19, please ensure that individual self-isolates for 14 days from last contact with the aforementioned case. If you have questions about whether an individual needs to self-isolate, follow these steps:
- 3.3.1. Have that individual self-isolate (No on-site/in-person team activities) 3.3.2. Email health.Sports.Covid19@state.mn.us and explain your exposure story. It is ok to reach out to your local health officials instead if you prefer.
- 3.3.3. Do not allow that individual return to team activities until you have received a recommendation from a state or local health official.
- 3.3.4. Follow their recommendation.
- 3.3.5. Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times.

4. Returning to sports post COVID-19 diagnosis

- 4.1. Athletes/coaches must meet all the following criteria to return to sports:
- 4.1.1. No fever (>100.4) for 72 hours without fever reducing medications
- 4.1.2. Improvement in respiratory symptoms (cough, shortness of breath,)
- 4.1.3. At least 10 days have passed since symptoms first appeared
- 4.1.4. Note for clearance from a medical provider (MD, DO, NP, PA)
- 4.1.5. Individuals without a medical provider can contact their local public health agency.
- 4.2. All players/coaches health information and collected data will be privately held and not shared outside the coaching staff and commissioner.