



2021 MPRD Youth Basketball Program Health Protocols Relative to COVID-19

At the time of this program outline, Basketball is considered a **“higher risk”** activity as defined by the Massachusetts Executive Office of Energy & Environmental Affairs (EOEEA) **“Reopening Standards for Youth & Adult Amateur Sports Activities – Phase 3, Step 2”**; **updated November 7, 2020.**

Higher Risk sports and recreation activities are characterized by:

- Sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants.

➤ Sports and activities included in the **Higher Risk** category can participate in **Level 1, 2 and 3** type of Play, but **ONLY** if “the Minimum Mandatory Standards for Modification to Play are met”.

Level 1 – Individual or socially distanced group activities (non-contact workouts, aerobic conditioning, individual skill work, and drills)

Level 2 – Competitive practices (intra-team/group games, contact drills, and scrimmages)

Level 3 – Competitions (inter-team games, meets, matches, races, etc.)

- Cohorts/groups can be **no larger than ten (10) participants**, and the same cohort assignments must be used for every training session or class. Participants cannot be a member of multiple cohorts, nor can cohort assignments rotate.

Health Procedures

➤ To participate or attend, participants, volunteers, coaches and spectators must show no signs or symptoms of COVID-19 for 14 days.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever of 100.0 F or higher, or chills
- 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

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Anyone with **two or more** of the symptoms noted above or any other signs of illness will NOT be permitted to attend.

- **Daily Screening:** All staff, parents, children, and any individuals seeking entry into the program space must **self-screen** at home, *prior to coming to the program for the day.*
- **Program Structure:** utilizing the EOEEA's guidelines as a benchmark, the program will be structured in the following;
 - **Play sessions:** will be reduced from their normal time limits to 45 minutes per session. Reducing playing time will help limit exposure of respiratory particle transmission between participants. Play/practice sessions will also be planned at the top of each hour, ideally allowing one group to exit the premises without coming in contact with the next group entering the facility to help reduce exposure between groups.
 - **Players, Parents & Caregivers:**
 - Facial coverings must be worn at all times (including the players). Extra face masks will be on-hand for those who forgot their personal covering.
 - basketball equipment will be shared, so all participants must practice proper hand hygiene at the beginning and end of all activities either through handwashing with soap and water or by using an alcohol-based hand sanitizer. The hand sanitizer can be provided by MPRD. We will coordinate with the Gill-Montague School District's (GMRSD) Facilities Director.
 - We are promoting an "arrive, play, and leave" approach to ensure that individuals are not congregating in the building, common areas or parking lots before, during or following practices or events. Parents in any program who plans on staying in the in the gym, must maintain a distance of at least 6 feet between one another and wear masks.
 - **K-2 Program:** Parents of children enrolled in the K-2 teams should be allowed to stay in the gymnasium. We ask that only 1 parent/caregiver be present per player during the program to ensure we stay within acceptable capacity limits. Please do not bring additional family members if at all possible.
 - **3-6 Grade Teams** – This year will strictly be a skills & drills format. There are no league games this winter. Parents are encouraged to either drop off their child or stay in their vehicles during the session.
 - **Coaches:**
 - must practice proper hand hygiene at the beginning and end of all activities, either through handwashing with soap and water or by using an alcohol-based hand sanitizer.
 - will clean and disinfect shared equipment at the end of every practice or clinic
- If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and return home. Parents/guardians should follow-up with MPRD as to the status of their child and whether or not he/she has contracted the virus.
- In the event of a positive case, the program may be suspended or cancelled. Consultation with the Montague Board of Health will then determine proper procedures and program status. GMRSD administration will be notified of any positive case through MPRD.
- Partial refunds will be given if program is permanently cancelled.

Protocols are subject to change.