



CHSA COVID-19 Policies and Procedures

2020-2021 Basketball Season

These precautions are based on recommendations from federal, state and local authorities, and encouraged by our facilities. These have been put into place to protect all players, coaches and families and we appreciate your cooperation. We have taken many of these guidelines from the recommendations of the CDC and the Open Texas Guidelines for youth sports.

Everyone attending games/practices must maintain at least 6 feet social distancing from individuals not within the spectator's group.

Below are the recommendations for each group of participants.

COACHES and LEADERSHIP

1. COVID-19 Self-Assessment at home **
2. Possible temperature check upon arrival to facility – no one admitted with a temperature of or over 100 degrees Fahrenheit.
3. Hand sanitizer applied upon arrival and throughout practice.
4. Face coverings to be worn by leadership and by coaches if needing to enter within 6ft of player's personal space for instruction.

PLAYERS

1. COVID-19 Self-Assessment at home **
2. Possible temperature check upon arrival to facility – no one admitted with a temperature of or over 100 degrees Fahrenheit.
3. Hand sanitizer applied upon arrival, bring some from home if possible, to apply throughout practice.
4. Bring your own water bottle or bottles and put next to your gym bag, please refrain from using water fountains. Each player will have individual spots for their gear and should be 6ft from other players gear.
5. Practice social distancing when possible (water breaks, waiting for turn in drill, restroom breaks, etc.)
6. If they choose to wear one, players may bring their own masks to wear for devotion time and for use to travel into and out of the building.

PARENTS

1. COVID-19 Self-Assessment at home **
2. Possible temperature assessment on entry to building. – no one admitted with a temperature of or over 100 degrees Fahrenheit.
3. **Only one parent/family member allowed per player at practices, and they must follow all protocols for entry (wearing a mask during entire practice, social distancing)*** (no non-player under 18 admitted into practice facility)

*Depending on the gyms that are available to us, parents may not be allowed inside the facility. In this case, parents may sit outside the facility, but must practice social distancing of 6'; parents may also sit inside their cars. If facility allows space for one parent to observe their player for practice, and if bleachers are not available for parents to maintain 6' of social distance. **If space does not permit parents to socially distance while observing practice, admittance will be handled on a first come, first serve basis.** Exceptions to this policy will be handled on a case by case basis.

4. Face coverings are required for parents observing practice. (Volunteer Leadership will be wearing face coverings while serving at CHSA)

PRACTICE

1. Players must bring their own basketballs and need to be easily marked with the players name.
2. Players must bring their own labeled water bottles, towels and hand sanitizer for use throughout the practice.
3. Players and Coaches will keep social distancing during water breaks.
4. **Players will place their gear, 6 ft from other players gear.**
5. Players that use restrooms during practice must wash hands thoroughly before returning to courts. Please re-apply hand sanitizer as well during breaks, etc.

GAMES AND TOURNAMENTS

All spectators will adhere to guidelines provided by the facility. These may include but not limited to social distancing guidelines, face coverings, hand sanitizing and limited spectating.

**** Adhere to the most stringent federal, state or local guidelines when participating in any activity.**

Before Activities:

- Be symptom free for at least 10-14 days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals - **if you have tested positive, self-quarantine for 10-14 symptom-free days must transpire after last exposure to infected contact**
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing regularly.
- Wear a face covering to reduce exposure to airborne particles. **(This is highly recommended, but may not be possible physically during activities. Please be aware of the risks involved with an indoor sport with high intensity and high potential for exposure)**
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.

CHSA COVID-19 Exposure Information and Return to Play Protocol

In order to protect our players, CHSA families, and teams, it is very important that known occasions of exposure be reported to CHSA leadership via Cindy Dube by email to CHSAVP@gmail.com

Confidentiality will be maintained as much as possible. To give an example, if your family / player has a known exposure to COVID-19, it is important to notify CHSA leadership as soon as possible, so that it can be determined if exposure may have also possibly happened to the team, or if it was just isolated to your family/player.

Direct Exposure per the CDC guidelines are as follows:

This includes people who previously had COVID-19 and people who have taken a serologic (antibody) test and have antibodies to the virus.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

If a player has had direct exposure to COVID-19, they need to self-quarantine and be symptom free for 10-14 days past the known exposure or provide a negative COVID-19 test after 7 days of last known exposure (test must occur on day 5 or later).

Anyone with these symptoms should stay home from practice:

Cough

Shortness of breath or difficulty breathing

Chills

Repeated shaking with chills

Muscle pain

Headache

Sore throat

Loss of taste or smell

Diarrhea

Feeling feverish or a measured temperature greater than 100.0 degrees F

CHSA Basketball Leadership will notify families on that team of the exposure through an email and maintain the confidentiality of those who are sick and will generally state the following:

“A primary/secondary exposure to COVID-19” occurred during JV/V practice on (date). Due to HIPAA limitations we are not allowed to share the name of the individual that has been exposed to COVID-19 so we are asking that families proceed with caution and monitor their player for any COVID-19 symptoms. We will update families as we learn more or things change.”

“A player/coach has tested positive for COVID-19 and was last at practice on (date). Due to HIPAA Limitations we are not allowed to share the name of the individual that has tested positive. At this point all players on this team must self-quarantine for 10-14 days. We will update families as we gather information or anything changes in regards to the test results.”

Return to Play Guidelines:

When a player/coach tests positive for COVID-19, 10-14 symptom-free days must pass for the player/coach to return to play/practice. If the player/coach never experiences symptoms, 10-14 days must pass since the positive test.

I agree to comply with the CHSA COVID-19 Exposure Information and Return to Play Protocol to the best of my ability. I understand that following this protocol is the organization’s best attempt to minimize CoVid-19 exposure, but that it does not eliminate risk to my player or my family.

Parent Signature

Player Signature
