



## **2020 PREMIER HOOPS COVID-19 GUIDELINES AS PER MASSACHUSETTS SAFETY AND RE-OPENING STANDARDS FOR YOUTH SPORTS ACTIVITIES**

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### **INTRODUCTION**

Premier Hoops has reviewed the guidelines published by the MA Department of Public Health. In concert with these guidelines, we believe there is a way forward to establish the required plan and maintain it to create a fun and responsible Program environment for everyone involved. With a well-planned and organized set of mitigation strategies, coaches training and awareness, close collaboration with our Health Department, and partnership with our Program families, Premier Hoops can lower the risk of spread of COVID-19.

Here are some of the things we are doing:

Premier Hoops implement all COVID-19 measures in Phase III, Step 1, will comply with all federal, state, and local laws.

- Practices are conducted with 6 feet social distancing and no physical contact.
- Where players typically start together (e.g. start / finish of basketball practices) Premier Hoops is implementing staggered starts to avoid close contact.
- Premier Hoops does not allow body checking, tackling, blocking, racing/riding in packs or similar activities engaged deliberately.
- Premier Hoops does not allow any game situations or scrimmaging of any kind. There will be no close face-to-face contact allowed anytime. Premier Hoops only permits non-contact and socially distanced basketball skills practice.
- Cohorts of participants will be no larger than ten (10) participants. Cohorts will work out together in all practices. Participants will not be a member of multiple cohorts. Cohorts will be separated by 14 feet. Class sizes will be capped by number of available training areas, based on the size of the facility. In no event will there be more than 25 people on a playing surface.



## **DAILY SCREENING**

Every parent/guardian of a participant and every coach (parent/guardian if under 18) must complete a virtual screening form each morning and take a temperature (a half an hour before Program starts) that they are to attend Program. Access to Programs will not be granted until this form has been completed.

- Non-essential coaches, parents, volunteers, vendors and visitors are not allowed to enter the space.
- Self-screening prior to the program is required, which includes checking temperature (temperature of 100.0F or above is considered a fever), and checking for symptoms included feeling like you have a fever, cough, shortness of breath, gastrointestinal upset, new loss of taste/smell, muscle aches, chills/shaking, or any other symptoms that feel like a cold. Anyone with a fever of 100.0F or above or any other signs of illness should not be permitted to enter the program.
- If a child is feeling unwell, they must not be brought to the program.
- If a child or family member tests positive for COVID-19, the family should alert the Premier Hoops immediately.
- Any individual who believes they have had close contact with someone diagnosed with COVID-19 will not be permitted to enter the program, regardless of whether they are symptomatic or not. Exposed individuals should stay home and away from other people, and monitor for fever, cough, and shortness of breath during the 14 days after the last day of contact with the person with COVID-19. If the exposed individual remains asymptomatic and/or tests negative for COVID-19, they should remain in quarantine and continue to monitor for the full 14 days.

Each child will be examined one at a time.

Upon arrival to the parking lot, parent and child will need to stay in the car until Premier Hoops Staff will approach your car.

1. Present filled and signed form to staff member.
2. Then staff member will conduct visual screening of your child.
3. If during the screening a child is observed to have any symptoms or concerns, they will have to be immediately sent home.
4. Please stay in car and wait until your child is cleared.
5. You can leave the parking lot only after Premier Hoops staff member confirms that your child can participate in the training.

If participant has any signs of COVID-19 or other illnesses, participant cannot attend the Program and Parent will need to notify Program's Director immediately with the symptoms participant might have.

Upon arrival at Program, all Program coaches and participants will be visually inspected for signs of illness, as well as have their temperature taken with either an infrared or temporal thermometer.

Premier Hoops will not be able to hold cars on the Program property until each child is cleared. Please understand that if during the screening process a child is observed to have a symptom of concern, they will have to be immediately sent home. Please wait until your child is cleared.



## **SPORTS & RECREATIONAL ACTIVITIES ALLOWED BY RISK LEVEL DURING PHASE III, STEP 1**

**Premier Hoops falls into a Level 1 risk category:** Individual or socially distanced group activities (non-contact workouts, aerobic conditioning, individual skill work and drills).

### MINIMUM MANDATORY STANDARDS FOR CONDUCTING PRACTICES

Premier Hoops has developed and implemented sports-specific modifications to conduct basketball practices to minimize the risk of transmission of infection among participants.

There will always remain an inherent risk in participants in sports. To plan activities and implement modifications to minimize risk, Premier Hoops will consider the following:

- ❖ Identify measures that can be implemented to significantly limit contact and increase physical distancing. Practice as much as possible and keep players spaced 6 feet apart for the majority of practice.
- ❖ Premier Hoops conducts the basketball practices outdoors the majority of time and wherever possible.
- ❖ Premier Hoops shortens practices with fewer participants to the extent possible.
- ❖ Premier Hoops modifies the basketball practices to reduce the sharing of equipment and will allow for cleaning of shared equipment between participants before and after participants attend.
- ❖ Premier Hoops incorporates protective equipment in a safe manner to further reduce the spread of respiratory particles by providing extra masks, sanitizing stations, gloves and forehead thermometer temperature checks.



## **FACIAL COVERINGS AND SOCIAL DISTANCING**

Premier Hoops requires facial covering to be worn by all participants.

Premier Hoops Coaches and Staff are required to wear facial covering and maintain social distancing of 6 feet from participants all the time.

Families will need to supply at least 2 clean cloth masks or face coverings for their child to allow for replacing the covering as needed as well as sanitizers. Masks should be cleaned daily, CLEARLY LABELED, and masks should be clearly marked to distinguish which side of the covering should be worn facing outwards. Masks like neck gators, or with shirt clips are recommended so they are not lost throughout the day. Without masks and sanitizers your child will not be allowed to participate in the training.

Also each participant will need to bring their own basketballs, which should be sanitized and CLEARLY LABELED every time before participant enters the Program facilities. Without sanitized basketball your child will not be allowed to participate in the training.

Participants and Coaches will be instructed in proper hand washing techniques and will be required to wash their hands regularly throughout the day. Participants will need to bring their own liquid hand sanitizer and will also be using them during times that hand washing isn't available or easily accessible. More specifically, hand-washing/sanitizing will occur:

- Upon entry into and exit from Program space
- Before and after drinking water
- After sneezing, coughing or nose blowing
- After using the restroom
- Before handling any food
- After using any shared equipment
- After contact with facemask

We will also be encouraging Parents to teach their children other healthy habits including covering coughs and sneezes, not sharing drinks or food, and proper use of hand sanitizer.

Premier Hoops will have no more than 25 players or participants on a single practicing surface/area/court at any one time. The number of coaches and staff will also be limited.

Premier Hoops ensures group separation, groups must be spaced at least 14 feet apart while sharing the single practicing surface/court/field. No spectators, parents, and/or legal guardians are allowed during the practice.

Premier Hoops ensures that participants are not congregating in common areas or parking lots before and/or following practices.

Premier Hoops ensures that sportsmanship is conducted in a touchless manner – no handshakes/slaps/fist bumps.



Once participants have completed training, they must leave the area if another group is taking the court or using the playing surface to ensure adequate space for distancing.

### **HYGIENE, CLEANING AND DISINFECTING**

Premier Hoops cleans and disinfects shared equipment at the beginning and end of the training session using products from the list of disinfectants meeting EPA criteria for use against the novel coronavirus.

Premier Hoops provides sanitizers and additional gloves and masks as needed.

Premier Hoops makes sure that indoor facilities provide access to handwashing facilities on site, including soap and running water and allow sufficient break time for staff and participants to wash hands and use bathroom facilities frequently.

There is no food during the practices.

Bathrooms and common high-touch areas/surfaces will be cleaned and disinfected at regular intervals throughout the Program day, and all buildings will be cleaned and disinfected at the end of each day by coaches of the facilities.

Supply inventory will not include aerosols. Inventory will include:

- Rolls of paper towels
- Surface and equipment disinfectant
- Hand sanitizer
- Soap
- Extra masks
- Non-Later Gloves
- Disinfectant wipes
- Large ziplock bags

Daily Cleaning Plans (Example Checklist Below):

Each morning, staff will inventory all equipment they will use that day. They will write down a list of the day's equipment on a checklist that will be used throughout the day. For the following cases, equipment/surfaces do not need to be cleaned more than usual and do not need to be charted:

- If equipment is designated for one person and one person only throughout their entire time at the program it does not need to be inventoried for cleaning.
- Paper-based materials and wooden surfaces do not need to be inventoried for cleaning.



During the day, any time equipment is cleaned it will be documented on the checklist. The following will be the frequency of cleaning:

- Equipment passed between participants/staff will be cleaned between each new person using it when it is possible.
- High touch surfaces such as doorknobs, railings or chairs will be cleaned at least twice per day (Mid-day, end of day).
- Lunch and snack spaces will be cleaned before and after meals.
- At the end of each day, all equipment and surfaces used during the day will be disinfected by a coach.

Cleaning Checklist Example

	Staff Initials (Signed After Time of Cleaning)								
Materials and Equipment	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	End of Day
Premier Hoops Basketballs	FO				FO				AG
Premier Hoops Cones					FO				AG
Premier Hoops Ladder		FO			FO				AG
Premier Hoops Tennis Balls		FO			FO				AG



Premier Hoops Hurdles	FO				FO				AG
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Program coaches will be responsible for maintaining inventory using a checklist of the above items that will be provided to them.

Premier Hoops ensures that all shared personal equipment is disinfected before and after use by each participant.

No shared food or drinks during the training for participants or staff members.

Participants and staff should only drink from their own containers.

Participants have to mark their containers will clear name of the participant.

Premier Hoops encourages participants to arrive fully dressed and prepared form practices and leave immediately after practice.

Premier Hoops assess the cleanliness and disinfection protocols being employed at the facility Premier Hoops is using for basketball training. If cleanliness is low or any concerns arise, Premier Hoops will immediately stop any ongoing practices until such time as facility operator can show that conditions have been brought up to the standards outlined.

Premier Hoops understands that the cleaning and disinfection protocols employed at the training facility Premier Hoops is using and will raise any issues to the facility operator or local board of health.

**STAFFING AND OPERATIONS**

Premier Hoops ensures that participants and coaches do not show any signs or symptoms of Covid-19 for 14 days.

List of symptoms is attached in “Exhibit A.”

If any participants develops symptoms of covid-19 during activity they should promptly inform Premier Hoops and Premier Hoops will remove such participants from the activity and will be instructed to go home.

Premier Hoops educates all participants and staff on all protocols for basketball training, protocols for entering and leaving the facility, and any other hygiene requirements.

Premier Hoops ensures that hand sanitizers and extra gloves are available to all participants.



Exhibit A

**Daily Health & Wellness Check/Participant Screening**

**To comply with MA guidelines, every day each participant must print, complete, and bring a new copy of this wellness check PRIOR to attending a program. Extra copies will be available at programs, if needed. All responses and individual temperature check results will be maintained on file.**

**EXHIBIT A (DAILY WELLNESS CHECK)**

**Participant's Name:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/2020

1. Today or in the past 24 hours, has the participant or any household members had any of the following symptoms (please circle)?

- A. Fever (temperature of 100.0°F or above), felt feverish, or had chills? • Yes • No
  - o Current temperature: \_\_\_\_\_ °F (taken by parent) • Yes • No
- B. Cough? ..... • Yes • No
- C. Sore throat? ..... • Yes • No
- D. Difficulty breathing? ..... • Yes • No
- E. Gastrointestinal symptoms (diarrhea, nausea, vomiting)? ..... • Yes • No
- F. Abdominal pain? ..... • Yes • No
- G. Unexplained Rash? ..... • Yes • No
- H. Fatigue? ..... • Yes • No
- I. Headache? ..... • Yes • No
- J. New loss of smell/taste? ..... • Yes • No
- K. New muscle aches? ..... • Yes • No
- L. Has basketball been sanitized before practice? ..... • Yes • No

2. In the past 14 days, has the participant had close contact with a person known to be infected with the novel coronavirus (COVID-19)? ..... • Yes • No

I, \_\_\_\_\_ Parent/Caregiver, am reporting all responses of the participant accurately. I understand that if any of the above answers are Yes, my child will not be allowed to enter the facility and participate in training and therefore must stay/return home with their parent or caregiver. To attend the next training session participant will need to bring a note from pediatrician.

\_\_\_\_\_



Parent/Caregiver signature

----- Staff Use Only -----

Staff Member's Name: \_\_\_\_\_ Group: \_\_\_\_\_ Location: \_\_\_\_\_

1. Visual inspection: Do you notice any flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness? ..... • Yes • No
2. Participants Non- Contact Temperature Check: \_\_\_\_\_°F Time: \_\_\_\_\_:\_\_\_\_\_ AM/PM  
**\*Once this form is completed, reviewed, and the participant performs hand hygiene, they are**