



2020-2021 COVID 19 Safety Expectations

We would like athletes/parents/coaches to self-assess by asking the following questions before leaving the house:

- 1) Have you, or has a person you have been in close contact with, been diagnosed with COVID-19 within the last 14 days? (Close contact is defined as six feet or less for more than 15 minutes.)
- 2) Have you experienced any cold- or flu-like symptoms in the last 72 hours (including fever or chills, shortness of breath or difficulty breathing, cough, new loss of taste or smell, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea - vomiting or diarrhea)?
- 3) Have you or a member of your household been tested for Covid-19 and are waiting results?

If yes to any, do not attend any AEYBA events and please email and/or text your coach and the AEYBA President, Jason Neubauer at jneubauer1975@gmail.com.

Player and Coaches Expectations:

- 1) Everyone should wash their hands when they come into the facility and before they leave. Be prepared with hand sanitizer in your car or wash hands at home.
- 2) Players and coaches will have their temperature taken before all organized AEYBA events. Coaches will have no touch thermometers available and will be taking temperatures of all coaches and players upon entering the building.
- 3) To help minimize use of the bathrooms, athletes/coaches are expected to change at home before coming in for their practice the best we can to keep facilities as clean as possible.
- 4) All players/coaches must wait to enter practice until the practice ahead of them is done and all athletes and coaches have left the building. When entering and exiting the buildings all players and coaches are expected to wear masks and practice physical distancing (6 feet apart from others). Teams are expected to leave the facility prior to their finish time (end practice 10 minutes early to allow for time to vacate the building).

- 5) Coaches are expected to be masked during all AEYBA sponsored events.
- 6) Players are expected to bring their own equipment including filled water bottle(s), towels (if needed), hand sanitizer, basketball and mask. Players will not be sharing towels, water bottles or other items with one another.
- 7) Maintain at least 6 feet between yourself and your teammates, other competitors, coaches and officials when possible. Coaches will make every effort to do so while athletes are on the bench as well. This may not always be possible. Players will be expected to wear masks while on the bench.
- 8) Please limit what and who you touch with the equipment you will be using for your skills and practices. Please stay separated in huddles. Avoid high fives, fist pumps and hugs.
- 9) Parents will not be allowed into the gyms and facilities for practices. This will be based on local COVID – 19 activity and facility expectations. The goal is to limit numbers to help increase safety for our AEYBA community. We will adjust this as needed throughout the season.
- 10.) Spectators are asked to physically distant from one another when allowed to attend games. Some facilities are limiting guest access. Information about specific venues will follow.
- 11.) Our program has the right to refuse service to anyone exhibiting symptoms or not following program and facility guidelines.

Thank you for your understanding and support as we look forward to getting back to basketball while protecting our community from Covid-19 and other illnesses! Please know that these guidelines will be reviewed and may be adjusted if the situation warrants.

Checklist for coaches

- Send a welcome email or call parents. Inform them about actions that AEYBA will take to protect players. Remind them to stay home if sick or if they have been around someone who is sick.
- Be a role model. Wear a mask and encourage family members, fans, officials, and sports staff to wear one during practices and games.
- Provide hand sanitizer with at least 60% alcohol to players before and after practice/game and encourage them to wash their hands with soap and water. Share the expectations listed above.
- Take temperatures of all players and coaches prior to practice and games.
- Educate players about covering coughs and sneezes with a tissue or their elbow. Discourage spitting.
- Remind players about social distancing and identify markers (such as signage or tape on floor).
- Encourage your players to focus on building their individual skills and cardiovascular conditioning outside of practice time, so they can limit close contact with other players as possible during practices.
- Clean and disinfect frequently touched surfaces on the court (such as drinking fountains) upon entry, between use and prior to leaving the facility
- Clean and disinfect shared equipment between drills

Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html>.