

COVID-19 Preparedness Plan for Rochester Community Youth Basketball Association (RCYBA)

RCYBA is committed to providing a safe and healthy workplace for all our players, parents, officials and workers. To ensure we have a safe and healthy program RCYBA has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. All RCYBA participants, parents, and workers are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our practice and game situations. This will require full cooperation among all program participants.

RCYBA's COVID-19 Preparedness Plan follows the Minnesota Youth Basketball Alliance (MYBA), a subsidiary of Minnesota Youth Athletic Services (MYAS), guidelines, which has been developed in association with the Centers for Disease Control and Prevention (CDC), Minnesota Department of Health (MDH) guidelines for COVID-19, Governor Walz's Covid-19 Task Force, University Of Minnesota, US Council For Athletes Health, Minnesota Department of Education, Minnesota State High School League, National Collegiate Athletic Association.

These requirements will most likely change. RCYBA will notify parents and coaches of any changes to the requirements. Key changes within the document from the last two MYBA updates will be highlighted in **RED**.

These requirements are valid as of **February 26th, 2021**.

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The following are the actions that must be followed by those that are involved with RCYBA activities. Failure to follow these instructions may lead to an individual being prohibited from participating in RCYBA programs, or a facility owner no longer allowing RCYBA to use their gym. Failure may also prohibit RCYBA teams from participating in other MYBA tournaments, including the Grade State Championships.

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RCYBA PROGRAM ADMINISTRATORS

- RCYBA will develop and implement a Covid-19 plan for its activities and participants.
- This plan will be provided to all participants and facilities used by RCYBA and posted on our website.
- Any changes to the plan will be communicated to all participants and facilities used by RCYBA and posted on our website.
- RCYBA will, to the best of its ability, enforce the requirements outlined in this plan.
- RCYBA will conduct Covid tracking of any known positive test results or known exposures within our program.
- Refer to Monitoring and Reporting section for RCYBA reporting details.
- If a positive Covid-19 test is issued within 48 hours of a player, coach or other adult that in attendance at a tournament, RCYBA will contact that tournament so they can contact other teams, officials and tournament staff that may have been in contact with that team.
- RCYBA will provide an education module.
- RCYBA will provide its coaches with a “Covid-19 kit”. The kit includes the following items:
 - Thermometer
 - Extra masks (to be used if players forget theirs)
 - Hand cleaner (to be used if players forget theirs)
 - Team test recording sheets
 - Team location log

EQUIPMENT

Masks/ Face Coverings: Masks and face coverings are required to worn by all persons at all times when inside a facility. This includes practices and games.

- Face shields are not an acceptable for players when playing or practicing.
- There is an exemption to the mask/face covering requirement for medical, disability, or mental health needs.
 - Those individuals seeking a mask/face covering exemption must obtain a written, medical exemption from a licensed medical professional who is registered, licensed, certified, or otherwise statutorily (MN Statute Chapters 147 & 148) authorized by the state to provide medical treatment and is practicing within the person’s medical training and scope of practice. A copy of the notice must be provided to your coach and to RCYBA Covid Plan Administrator.
- Cloth masks are the preferred mask for athletes. Athletes should carry more than one mask in case one gets wet or damaged.

Personal equipment – Items such as water bottles, food, clothing, and masks are to be carried by each person and are not be shared with others.

Hand sanitizer - should be carried by each player and coach and used often.

Basketballs – Players should bring their own basketball to practices. Basketballs should be cleaned before and after each use. This includes those used in games.

EVENTS

TEAM PRACTICES

- All participants will have their temperature taken and recorded before entering the building. Anyone with a temperature over 100.4 will not be allowed to enter.
- All participants will be required to wear face coverings while in the building. **Masks must be worn during practice and can not be removed.** Medical exemptions are accepted with signed physicians note.
- Face shields are not an acceptable face mask for basketball players.
- Participants are responsible for bringing their own masks and hand sanitizer.
- Maximum number of people in the building will be determined by the facility. Currently this is 15 total people.
- RCYBA will be staggering practice times to avoid entering and exiting teams.
- Practice ball will be sanitized before practice.
- Players will need to bring their own ball to practice.
- Players should bring their own water bottle and only use water fountains to fill the water bottle. Do not share the water bottle with others.
- Participants should enter and leave the facility in a timely fashion and not congregate outside or inside facility.
- Following practice, all must leave the gym and facility within **10 minutes**.
- There will be no one permitted in a practice that is not a player or coach of that team. Siblings, parents, friends or others not members of the team are not permitted in the building.
- Parents and guardians can only drop off up **10 minutes** before schedules practice time and must pick up within **10 minutes** after practices ends.
- Parents cannot enter the building unless they are helping with the team and must have their temperature taken before entering the building.

RCYBA League Games – League has been cancelled for the 2020/2021 Season.

TOURNAMENT GAMES

The details of how the following actions will be implemented will vary from tournament to tournament. This is the list what to expect.

- Spectators will be permitted. The number permitted will be established by the facility.
- Spectators must be 12 from the game court.
- Spectators must maintain a distance of 6 feet from non-immediate family members.
- A limit on the number of coaches to 3 and 1 team manger (this person will most likely be at the scores table keeping clock or book).
- Masks must be worn at all times by all those entering the facility.
- No concessions. Send your player with plenty of water and snack.
- Games will be played in pods (most likely back to back)
- No congregating inside or outside facilities.
- Teams will on be permitted to enter when the notified.
- Teams must leave immediately after play is done.
- Game rules may be different than expected.
- Game day waivers may be required to be signed.

INDIVIDUAL REQUIREMENTS

ATHLETES:

- **Athletes should to do a daily assessment of how they are feeling.**
- **If you are having symptoms of Covid, tested positive for Covid-19 or have been placed in quarantine for a close contact you must stay home and can not participate in games or practice until cleared.**
- **Complete RCYBA's on-line Covid training package.**
- Athletes must wear face coverings while not actively participating on the court. Masks are to be worn **at all times including practice and while in a game.**
- Outside of your game-time, must maintain six feet distance, whenever possible, from any person outside of your household.
- No sharing of food or drinks. Players should bring their own water bottle and only use water fountains to fill the water bottle. Do not share the water bottle with others.
- Players must refrain from high fives, handshake line, and (outside of gameplay) avoid any other physical contact with teammates, opposing players, coaches, referees, and spectators.
- Whenever possible, equipment and personal items should have proper sanitation and should not be shared.
- Hand sanitizing is strongly recommended when you come off the floor during practice and/or games.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended before and after games.
- **Follow proper cough and sneeze etiquette; turn away from others and cover your nose and mouth with your elbow, hand or tissue. Dispose of tissue immediately and wash hands.**
- Participants should enter and leave the facility in a timely fashion and not congregate outside or inside facility. Following competition, they must leave facility immediately.
- Items players should have with them at practices and games;
 - Mask (extras if possible)
 - Hand sanitizer

PARENTS

- **Complete RCYBA's on-line Covid training package.**
- **Spectators will be permitted at games. The numbers will vary by facility.**
- Must maintain six feet distance from any other person, outside of your household.
- Face coverings are required for the entire duration that you are inside the facility.
- For drop off and pick up at practices and games, do not come into the building. Only drop off at the specified time and pick up promptly after practice or game.
- Conduct a daily symptom assessment of your child and have them stay home if experiencing Covid-19 symptoms.
- Before attending an RCYBA event first conduct a daily symptom assessment on yourself and stay home if experiencing Covid-19 symptoms.
- If your child has a positive Covid-19 test result, you will need to follow the reporting requirements in the Monitoring and Reporting Section.
- If your child has had a close contact expose and has been quarantined, you will need to follow the reporting requirements in the Monitoring and Reporting Section.
- Rideshare/carpooling should be avoided or kept to a minimum number of passengers.

COACHES

- **Complete RCYBA's on-line Covid training package.**
- Before entering a Rochester school building for practice coaches will record each player present and ask each player the 4 screening questions and take each team member's temperature before entering the facility. Anyone with a temperature over 100.4 or answered yes to any of the 4 assessment questions will not be allowed to enter.
- The above player assessment and attendance log is also needed to be done before the start of the day when at a tournament.
- These logs should be submitted to the RCYBA Covid-19 administrator weekly.
- All coaches must maintain six feet distance, whenever possible, from another person.
- Coaches must wear face coverings at all times.
- Repeatedly remind players not to touch their faces.
- Maximum of 3 coaches allowed on the bench for each team.
- Must conduct a daily symptom assessment and stay home if experiencing Covid-19 symptoms.
- No touch rule –coaches must refrain from high fives, handshake line, and any other physical contact with fellow coaches, opposing coaches, players, referees, and spectators.
- Bring provided Covid-19 kit.
- Each team must keep an accurate log of the tournament played in, teams played and include the opposing coaches contact information.
- The above log will need to be returned to the RCYBA Covid-19 Administrator every week along with the practice and game attendance log.
- If a known case is identified, you will need to contact RCYBA plan administrator and provide the contact log.
- Rideshare/carpooling should be avoided or kept to a minimum number of passengers.
- Participants should enter and leave the facility in a timely fashion and not congregate outside or inside facility.
- Following competition, they must leave facility as directed by facility instructions

OFFICIALS & GAME PERSONNEL

- All officials must maintain six feet distance, whenever possible, from another person.
- Officials must wear face coverings while not actively participating on the court.
- Must conduct a daily symptom assessment and stay home if experiencing Covid-19 symptoms.
- Must avoid exchanging documents or equipment with any other person.
- No touch rule –referees must refrain from physical contact with coaches, players, and spectators.
- Hand washing or hand sanitizing, in the absence of soap and water, is strongly recommended before and after games.

LOCAL FACILITIES

The following requirements are for specific facilities and may vary from building to building and may exceed the requirements outlines by RCYBA. Building requirements may change on very short notice.

➤ **General Requirements:**

- All participants and spectators (players, coaches, officials, staff, spectators and game personnel) will be required to wear face coverings.
- Whenever possible, everyone should enter and exit through designated areas that are different from each other.
- The cleaning disinfecting and ventilation protocol plans are to be established by the building owners. Since we are using Rochester Public Schools, NJCAA School, and Rochester City operated facilities. They have to follow established Minnesota facility requirements to operate.

➤ **Rochester Public School (RPS) Buildings**

- Only 15 individuals per gym.
- Before entering the building, temperature must be taken, and assessment questions completed.
- Face masks to be worn as directed in above requirements.
- Any infected persons within a RPS facility we will need to contact RPS.

➤ **RCTC**

- Only 15 individuals per gym.
- Before entering the building, proof of screening process needs to be completed.
- Face masks to be worn as directed in above requirements.
- Participants must remain 6 feet apart.

➤ **National Volleyball Center**

- Only players, 2 coaches and 1 spectator per player will be permitted in.
- Before entering the building, temperature must be taken, and assessment questions completed.
- Face masks to be worn as directed in above requirements.
- Participants must remain 6 feet apart.
- Participants should arrive no more then 10 minutes before activity and must leave within 5 minutes of completing activity.
- Bring your water bottle. Drinking fountains will not be available. Any water bottles left behind will be disposed of.
- Wash and sanitize hands upon arrival into the facility.

MONITORING AND REPORTING

Screening Questions

Conduct this assessment prior to leaving home. May also be conducted when you arrive at the facility.

In the last 48 hours have you:

- had a temperature of 100.4 (F) or higher?
- had a new or worsening cough?
- had any of these other symptoms?
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Chills
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat

If you answered “Yes” to having any of the symptoms listed, you must stay home.

ACTION PLANS FOR CONFIRMED CASES AND EXPOSURES TO COVID-19

Illness During Practice or Games

If a participant (player, coach, parent, official, worker) starts feeling ill or displaying possible Covid-19 symptoms, they need to be removed from the group and sensitively isolated until they can be picked up from the facility.

Confirmed Cases or Close Contact Exposure Participation Schedule

Any player, coach, parent, official, game worker that has a confirmed case of Covid-19 or has been quarantined for possible close contact will not be permitted to participate for 2 weeks after symptoms have cleared. Teams members that have been around a confirmed case will need to get tested.

Reporting of Confirmed Cases

- In the event any player, coach, parent, official or game worker that has a confirmed case (positive test result) of Covid-19, they **must** notify one of the above RCYBA Plan Administrators and the Minnesota Department of Health.

Minnesota Department of Health Reporting link:

<https://www.health.state.mn.us/diseases/coronavirus/hcp/report.html>

- Any player, coach, parent, official, game worker that has a confirmed case of Covid-19 must complete the reporting link. These are found on the RCYBA Website home page.
- If there is a positive test result with 48 hours of a player or coach being at tournament or game, RCYBA must contact the associated tournament host.
- RCYBA may also need to contact Rochester Public District (RPS) if infected person was in an RPS facility.
- If RCYBA receives a notification of a team being exposed to a positive Covid-19 result, RCYBA will contact the team. It is recommended that if notified, the players and coaches exposed be tested with 48 hours. Even if asymptomatic.
- RCYBA will be required to report to MYBA every 2 weeks, the number of positive tests of players and coaches, number of players and coaches in quarantine, number of teams in quarantine. No names will be provided.

Reporting of Quarantine or Close Contact

Any player, coach, parent, official, game worker that has been quarantined for possible close contact will need to contact one of the RCYBA Covid Plan administrators AND complete the reporting link. These are found on the RCYBA Website home page.

Contact Tracing

Each team must keep an accurate log of opponents including opposing coaches contact information. In the case of someone getting infected with Covid-19, this document will be necessary for Minnesota Department of Health (MDH) to perform contact tracing.

Close Contact for basketball is defined as:

- **In a practice:**
 - All team members and coaches are close contact to each other
- **In a game:**
 - All players on both teams are close contact to each other
 - Coaches are close contact to the players on their own team
- **Not Close Contact**
 - Coaches are NOT close contact to opposing team's players
 - Coaches are NOT close contact to opposing team's coaches
 - Referee(s) are NOT close contact to players and coaches

Quarantine Requirements

14 days (this option is currently recommended by MDH and is the safest as it provides the greatest protection against spreading virus that causes COVID-19, SARS-CoV-2)

Shortened quarantine time maybe applicable if all of the following apply:

- The person has NOT had symptoms of COVID-19 during the quarantine period.
- The person does NOT live with someone who has COVID-19.
- The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.
- The person does NOT work in a health care facility.
- The person had a defined exposure, meaning a known exposure with a beginning and an end. Examples could be someone who was exposed during a sporting event or at school.
- 10 days without testing and all of the above apply.
- 7 days with a PCR-negative test (not an antigen test or antibody/blood test) if the test occurred on day five after exposure or later and all of the above apply.

MINNESOTA DEPARTMENT OF HEALTH COVID-19 DECISION TREE ON NEXT PAGE.

COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs

Follow the appropriate path if a child, student, or staff person is experiencing the following symptoms consistent with COVID-19:

- **More common:** fever of 100.4 degrees Fahrenheit or higher; new cough or a cough that gets worse; difficulty/hard time breathing; new loss of taste or smell.
- **Less common:** sore throat; nausea; vomiting; diarrhea; chills; muscle pain; extreme fatigue/feeling very tired; new severe/very bad headache; new nasal congestion/stuffy or runny nose.

