

East Ridge Athletic Association (ERAA) Basketball Covid-19 Preparedness Plan

1. All ERAA Basketball activities will be conducted following state and local laws, and in accordance with the COVID-19 guidelines published by the Minnesota Department of Health.
2. Masks/Face Coverings- masks must be worn by coaches and players at all times, including during game play. We are not aware of any exceptions to this rule.
3. Practice Times- athletes and coaches should arrive 5 minutes after the stated start time to allow previous occupants to vacate the gymnasiums. People are not allowed to congregate in buildings.
4. Mandated Absences

<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

- a. Positive Test- individuals with a positive test for COVID-19 must stay home for at least 10 days from the onset of symptoms (or the date of the positive test) AND symptoms have improved AND the individual is fever free for 24 hours.
- b. Quarantine- individuals who are a close contact of someone who tested positive for COVID-19 must stay home for 14 days. This length of quarantine time may be updated if MDH updates its guidance.

Note: the timing for a close contact includes the 48 hours prior to the onset of symptoms or a positive test for COVID-19.

Examples of close contacts include, but are not limited to:

- (i) any person who lives in the same household
- (ii) someone who has been within about 6 feet for a total of 15 minutes or more throughout the course of a day
- (iii) a teammate or coach during a basketball practice or game
- (iv) a player on an opposing team during a basketball game

- c. Athlete/coach showing symptoms- in general, stay home until a negative COVID-19 test result has been obtained and symptoms have improved. More details here:

<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

- d. If another member of the household is ill and/or awaiting the results of a COVID-19 test, the athlete should stay home until a negative test result has been

obtained.

- e. Participants who become ill during programming will be separated from activity and are expected to be picked up as soon as possible.
5. Participants screening- all participants must be able to answer “No” to each of the following questions in order to participate in organized basketball activity:
 - Is anyone in your household ill with COVID-19?
 - Have you had a temp over 100°F in the last two days?
 - Do you have a cough?
 - Have you experienced any shortness of breath today?
 6. Attendance tracking- ERAA coaches will record attendance at every practice and game in order to assist with any necessary contact tracing.
 7. Participant reporting- instances of athletes testing positive or having close contacts must be reported to ERAA through the online submission form:

<https://docs.google.com/forms/d/e/1FAIpQLSdw2e5xSCYu0d8kfm7-jkz7AkHSLU7AEvo9FrANEwnQW1IRGw/viewform>
 8. Health Etiquette
 - a. Players must bring their own water bottles- no sharing is allowed
 - b. Participants should frequently wash hands and/or use hand sanitizer.
 - c. Participants should physically distance as much as possible outside of gameplay, including when sitting on the bench and when participating in practice activities.
 9. Cleaning and Sanitization- all gyms in District 833 will be sanitized at the end of each day by custodial staff.
 10. Any questions should be addressed to ERAA Basketball’s Covid Compliance Manager, Adam Meuler, at ajmeuler@gmail.com