

(last updated 11/9/21)

# COVID-19 Preparedness Plan for PCTBL Basketball

**Park Center Travel Basketball League (PCTBL)** is committed to providing a safe and healthy environment for all our players, coaches and parents. To ensure we have as safe and healthy workplace, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Coaches, players and parents are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our PCTBL spaces and communities, and that requires full cooperation among our coaches, players and parents. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our league.

Coaches, players and parents are responsible for implementing and complying with all aspects of this COVID-19 Preparedness Plan. **PCTBL** coaches, players and parents have our full support in enforcing the provisions of this policy and we encourage our coaches, players and parents to ask questions, raise safety and health concerns and offer suggestions related to the plan and its implementation.

Our families, coaches, and players are our most important assets. We are serious about safety and health and keeping everyone safe at **PCTBL**. Involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. Our COVID-19 Preparedness Plan follows State of Minnesota Industry Guidance for our business, Centers for Disease Control and Prevention (CDC) Guidelines, federal Occupational Safety and Health Administration (OSHA) standards related to safety and health precautions required in response to COVID-19 and applicable executive orders.

**2021-2022 Minnesota Youth Basketball Alliance Recommendations For COVID-19:** [Covid-19 Tool Box | Minnesota Youth Athletic Services \(myas.org\)](#)

**ISD 279 COVID 19 Guidelines:** [An update to the 2021-2022 back-to-school plan | Updates \(district279.org\)](#)

## 1. Masking requirements:

- All players, coaches and parents will need to wear a mask while in any building.
- Players may only take their mask off while they are actively playing or practicing. They need to return to wearing the masks when they are off the court, on the bench or not engaged in actively playing.
- Please remember to send your player to practice with a mask or they may not be allowed in the building by ISD 279 Staff Building Supervisor.

## 2. Policies and procedures that assist in the identification of sick coaches/players and ensure sick coaches/players stay home

Coaches/Players have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. **Do not attend games or practices if symptomatic, regardless of vaccination status.** The following policies and procedures are being implemented to assess coaches/players health status prior to entering the gym and for coaches/players to report when they are sick or experiencing symptoms. Employees may also use the CDC Symptom Checker for advice on when to seek medical attention or testing if they feel they may have the disease. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

### If a player/coach has tested positive to COVID-19 or is living with a person who has a confirmed case of COVID-19:

- As soon as possible notify the Coach and BPAA basketball at [bphoops@gmail.com](mailto:bphoops@gmail.com)
- Team families will then be notified of the occurrence with discretion, no names will be shared.

PCTBL has also implemented a policy for informing coaches/players if they have been exposed to a person with COVID-19 at practice/game and allowing them to make an individual decision based on their exposure. These policies were established in the best interest of league families to reduce transmission. Discretion will be used when dealing with possible exposure or confirmed case details.

If a player/coach has in home exposure to someone who has tested positive:	
Player/coach cannot return to team activities until 14 days from exposure to the covid positive person. It is recommended they have a negative test prior to returning to play. If a player/coach is FULLY vaccinated, they will not need to quarantine, but will be asked to wear a mask for 14 days and monitor for symptoms.	Team practices/games may continue as planned.
If a player/coach tests positive for covid:	
Player/coach cannot return to team activities until <b>ALL</b> three of these things are true: a. Their symptoms have improved; and b. It has been 10 days since symptoms first began or they tested positive; and c. They have had no fever for at least 24 hours, without using fever reducing medications.	Team practices/games may continue as planned.

### **3. Social distancing – maintaining physical distancing when possible**

Social distancing will still be expected as much as possible to reduce risk of transmission.

### **4. Drop-off, pick-up and delivery practices and protocols**

Participants should enter and leave the facility in a timely fashion and not congregate inside the facility. Ridesharing should be kept at a minimum. Program organizers will stagger practice/game start times when able for clearing out the facility after each set of practices/games.

### **5. Communications, training and supervision practices and protocols**

This COVID-19 Preparedness Plan was communicated via email to all coaches, players and parents on 11/9/21 and necessary training was provided. Coaches, players and parents are to work through this new program together and update the training as necessary. This COVID-19 Preparedness Plan has been certified by PC Traveling Basketball and was on its website on 11/9/2021. It will be updated as necessary.