

# **SPORT SPECIFIC PREPAREDNESS PLAN**

## **BASKETBALL**

### **Standard Operating Procedures**

- Participation is voluntary for both student-athletes and coaches.
- This plan is inclusive of both on and off campus activities.

### **Attendance Documentation**

Coaches must have an attendance sheet for each activity session (meetings, workouts, practices, scrimmages, contests) and maintain this documentation for the duration of programming. Documentation should be kept by the coach for at least one year.

### **Exposure & Potential Infection Protocol**

- Student-athletes and parents have an obligation of immediately reporting the following to their coach and to the Saratoga County Department of Health:
  - If they have been exposed to someone who has experienced symptoms of COVID-19, has tested positive for COVID-19 or has been exposed to someone with COVID-19 symptoms or a positive test.
  - If they are experiencing symptoms of COVID-19.
  - If they test positive for COVID-19.
- The coach will immediately notify the athletic office, who will subsequently notify the school district and the Saratoga County Department of Health.
- The student-athlete in question must follow the criteria set forth by the New York State Department of Health. Before returning to athletic activity, the student-athlete must test negative for COVID-19 and present this to their child's coach.

## **Preemptive Measures**

1. Student-athletes will engage in health screening by the coaching staff prior to each activity session. In order to be permitted to participate, the student-athlete's temperature must be below 100°F.
2. Students and coaches must wear masks when not socially distant (within 6 feet).
3. Student-athlete belongings should be socially distanced upon arrival to avoid congregating before, during and after athletic activity.
  - a. Example: student bags should be placed at least ten feet apart around the perimeter of the soccer field. These specific areas can be marked by cones or markings.
4. Student-athletes must possess their own water bottles, towel and hand sanitizer.
5. Student-athletes should wipe their face with their own towel instead of their shirt or body.
6. Student-athletes must use hand sanitizer during each break.
7. Team equipment should be disinfected by designated personnel during each break or more frequently, as appropriate.
8. Avoid physical contact such as shaking hands, high fives, etc.
9. Avoid touching benches, fences, gates, etc. unless necessary. Use hand sanitizer after necessary contact.
10. Leave facility immediately following athletic activity.
11. Plan to shower immediately following athletic activity.

## **Athletic Activity Permissions**

In accordance with the New York State Department of Health (NYSDOH), the following activities are permitted for the respective sport categories:

**Low/Moderate Risk** – individual/group drills, competitive team practices, scrimmaging, competitions.

- Bowling, Golf, Tennis, Baseball, Softball, Track & Field, Sideline Cheerleading, Soccer

**High Risk** – individual/group drills, competitive team practices, scrimmaging, competitions. These sports are permitted effective February 1, 2021 pending local county department of health approval.

- Basketball, Wrestling, Cheer

# HEALTH SCREENING QUESTIONS

**1. Are you experiencing any of the following:**

- a. Sore Throat
- b. Fever
- c. Cough
- d. Shortness of Breath
- e. Close Contact with COVID Positive Individual in the Last 14 Days
- f. Temperature Greater than 100.0°F
- g. Fatigue
- h. Chills
- i. Headache
- j. Congestion or Runny Nose
- k. New Loss of Taste or Smell
- l. Diarrhea
- m. Muscle or Body Aches
- n. Nausea or Vomiting

**2. Have You Experienced COVID-19 Symptoms in the Past 14 Days?**

**3. Have You Tested Positive for COVID-19 in the Past 14 Days?**

**4. Have You Traveled Internationally or From a State with Widespread Community Transmission of COVID-19 (per the NYS Travel Advisory) in the past 14 Days?**

## **GENERAL CONSIDERATIONS – BASKETBALL**

As determined by the NYSPHSAA's January 2021 Edition of *Return to Interscholastic Athletics*

The New York State Department of Health (NYSDOH) has determined that basketball is a high-risk sport (least ability to maintain physical distance and/or be done individually; least ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all.

### **Game Administration Considerations**

- **BOYS** - For pregame conference, limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- **GIRLS** – For pregame conference, limit attendees to the referee and one athlete per team standing on the center on each side of the division line.
- For pregame conference, all individuals maintain a social distance of 6 feet or greater at the center circle.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Place team benches opposite the spectator seating.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench.
- Limit contact between players when substituting.
- The host school should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer, timer and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- Eliminate all handshakes, fist bumps and similar gestures pre- and post game.
- Give game ball to officials in the locker room where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- The host school should ensure that the ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the table.
- Long-sleeved shirts are permissible.

### **Considerations for Officials**

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference.
- Officials are not required to wear jackets during pre-game court/player observation.
- Electronic whistles are permissible.
- Gloves are permissible.
- Official may stand 6 feet or greater away from the player making a throw-in and bounce the ball to that player on a front court throw-in.
- The lead official shall stand on the end line and bounce the ball to the free thrower.

### **Considerations for Coaches**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### **Considerations for Students**

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing)
- Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring own water bottle.

### **Considerations for Parents**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted<sup>1</sup>.

---

<sup>1</sup> The Stillwater CSD will not allow spectators for high risk sports during the COVID-19 Pandemic.