

# KPBSD BASKETBALL COVID-19 MITIGATION PROTOCOL

## SOLDOTNA HIGH SCHOOL

### OBJECTIVE

To provide our student athletes the opportunity to participate in the sport of basketball in a healthy and safe manner.

### POINTS OF EMPHASIS

- Schools must be prepared for periodic closures and the possibility of some athletes or teams having to quarantine for up to two weeks.
- Individuals cannot test out of quarantine.
- If there is a positive test, school will work with public health officials and communicate with students and families.
- Adherence to the mitigation plan is crucial. Basketball events will not be allowed to take place if protocols cannot be followed.

### **PRACTICE:**

#### **Screening**

All health screening must follow KPBSD and ASAA guidelines which includes but is not limited to temperature checks, exposure questions, and attendance records.

- Coaches/volunteers/athletes need to complete the KPBSD COVID-19 waiver prior to participating in basketball.
- All participants and coaches **MUST** be masked up with appropriate face covering while arriving, during, and after practice.

#### **Designated Event Monitor**

There will be a designated individual on site responsible for monitoring and following all social distancing, hygiene, staffing/operations (including participant screening), and cleaning and disinfecting protocols as outlined in this mitigation plan. The designated event monitor may be a KPBSD employee, coach, or volunteer who is familiar with the requirements under this plan.

#### **Facilities (Soldotna High School Gym and Skyview Middle School Gym)**

- All athletes must have a signed waiver on file prior to participation in a session
- All athletes and coaches must go through a screening process before entering the facility at the start of every session.
  - A coach will oversee the screening process (each practice group will have a designated coach).



- The screening will occur at the pool doors entrance of the Soldotna High School building.
- Athletes will be instructed to practice social distancing as they wait to be screened at the back-gym entrance.
- The screening process will include:
  - A temperature check for all participants including coaches
  - A record of the participant's name and contact information and confirmation of waiver on file
  - Response to five screening questions
  - Any failure of temperature or questions will result in the coach or athlete being sent home
- All practice sessions will be scheduled with at least 15 minutes between sessions.
  - Soldotna High School practice sessions:
    - Session 1 – 2:30-4:30 pm
    - Session 2 – 4:45-6:45 pm
    - Session 3 – 7:00-9:00 pm
  - Skyview Middle School practice session:
    - 5:30-7:30 pm
- Coaches in session 1 will be responsible for setting up the gym.
  - At the end of each session, the coach is responsible for sanitizing all equipment and touch points before exiting the gym.
  - Coaches in session 3 are responsible for sanitizing and putting away all equipment and sanitizing all touch points.
  - Touch points include (but are not limited to) door handles/door push bars, bleachers, etc.
- All facilities will have clearly marked entrances/exits, which will be limited to maintain accuracy of attendance and social distancing policies.
- No parents or outside community members will be permitted in practice sessions.
- No locker rooms will be used. Athletes must come prepared to participate.
- All athletes must sanitize their hands upon entering and exiting the facility (hand sanitizer will be provided).
- All athletes and coaches will wear facemasks throughout the entirety of the session.
- These procedures will be clearly communicated to coaches and student-athletes.

### **Participant Expectations**

- All participants and coaches must wear a mask at all times while in the KPBSD facility.
- Athletes will be allowed to use the restroom facilities on an individual basis
  - Coaches will monitor restroom activity and allow no more than one athlete in at a time



- Upon re-entering the gym, athletes will be asked to use hand sanitizer
- All athletes must come wearing appropriate workout clothing (sleeves are required) and a face mask.
  - Athletes will not be allowed to use the locker room for the purpose of changing clothes or showering.
  - Athletes participating in session 1 at Soldotna High School will be allowed to change in the school's designated locker room. Approved school locker room mitigation plans and social distancing will be monitored. No more than 12 athletes will be allowed in the locker room at a time (a practice pod). These athletes will not be allowed to change in the locker room after practice. They will be encouraged to return home.
- Athletes must bring a backpack with the following items:
  - Basketball shoes
  - Personal water bottle (water will not be provided)
- Equipment may be shared (i.e. rims, floor, possible exchange of balls, etc.); however, every 14 minutes the equipment must be disinfected or replaced with a disinfected item.
  - Participants must also disinfect their hands.
  - Prior to sharing equipment, instructions will be given to athletes to NOT touch their face and proper hygiene practices will be provided and modeled.
- Athletes will be encouraged to not lick their hands and then wipe their shoes.
- Athletes will be reminded to not touch their face.
- Athletes will be encouraged to return home immediately following each session in order to wash clothes and shower.
- Athletes must notify school officials or coaches if they are involved in a non-school program in an activity offered by ASAA. Participants failing to do so will be ruled as ineligible for a period of time not exceed one month. The ASAA Executive Director will make the determination on the length of ineligibility.

### **Equipment**

- All surfaces and equipment will be cleaned prior to the start of practice.
- All equipment must be cleaned with appropriate cleansing and disinfectant after each use.
- All equipment must be exchanged every 14 minutes (basketballs or other basketball related equipment) for a fresh clean set of equipment or the existing equipment must be sanitized every 14 minutes.
- All coaches/athletes will sanitize their hands during the equipment change or every 14 minutes.
- The equipment must be cleaned at the end of practice and stored accordingly.
- All athletes will provide their own water and container.

### **Practice**



- Coaches will set the expectations with the participants to include but not limited to screening, sanitizing, entry and exit of the facility.
- Participants and coaches must sanitize hands before and after practice.
- All coaches/participants will sanitize their hands during the equipment change or every 14 minutes.
- All participants and coaches must be masked up with appropriate face covering at all times while in KPBSD facility.
- All participants and coaches must maintain social distancing of at least six feet when not exercising.
- All participants and coaches will refrain from hugs, handshakes, high-fives, fist bumps, and other forms of individual or group celebrations that require physical contact.
- Only persons who are participating in the activity will be allowed in the gym. No parents, siblings or other persons may be in the school.
- At the end of practice, all touch points must be cleaned by sponsor/coach to include, but not limited to:
  - Equipment
  - Door handles
  - Push bars on doors.
- All skill levels (C/JV/V) will have separate practice sessions and allow for 15 minutes between practice sessions.
  - Two levels may be in the gym at one time but will be separated by the gym curtain.
  - There will be no swinging of players between skill levels for the 2021 season. Once a player moves up a level, they must remain at that level.
  - Skill levels will not exceed 12 players. This will constitute a pod and these athletes will train together to limit overall exposure.

## **EVENTS:**

### **Screening**

All health screening must follow KPBSD and ASAA guidelines which includes but is not limited to temperature checks, exposure questions, and attendance records.

- Coaches/volunteers/athletes need to complete the KPBSD COVID-19 screener prior to participating in each game.
- All participants and spectators must complete the KPBSD COVID-19 waiver upon entering the facility.
- Anyone with a temperature of greater than 100.3 degrees or with positive symptoms reported should not be allowed to participate, should self-quarantine, and contact their primary care provider or other healthcare professional.



- Visiting teams must screen their participants prior to arriving to the host venue. The screener sheet must be submitted to the designated event monitor.

### **Designated Event Monitor**

There will be a designated individual on site responsible for monitoring and following all social distancing, hygiene, staffing/operations (including participant screening), and cleaning and disinfecting protocols as outlined in this mitigation plan. The designated event monitor may be a KPBSD employee, coach, or volunteer who is familiar with the requirements under this plan.

### **Follow all practice protocols with the addition of:**

- There will be a minimum of 15 minutes between the end of one event and the beginning of individuals arriving/warming up for the next event.
- Each team should bring their own warm-up balls to a game.
  - Each team is responsible for bringing their own towels, hand sanitizer, and medical kits.
- No high fives when substituting.
- There will be 2-3 sanitized back-up balls at the scorer's table.
- All surfaces and equipment will be cleaned prior to the start game.
- All equipment must be cleaned with appropriate cleansing and disinfectant after each use.
- The equipment must be cleaned at the end of the game and stored accordingly.
- Each athlete will be provided with 2 guests for spectators for each game.
  - **Spectators will only be permitted if approved by KPBSD officials.**
- Bleacher seating will be marked and restricted such that there is six feet of physical distancing and every other row is unoccupied.
- Bench areas will be socially distanced and limited to essential personnel (coaches, participating players, 1 manager, 1 team physician).
  - There will be a minimum of 12-feet of separation between participants and spectators.
- Face coverings are required of all participants, coaches, officials, game workers, and spectators. This includes athletes actively participating in the game.
- Yelling and loud vocal cheering will be discouraged. Artificial noisemakers that do not interfere with the official's whistle will be permitted.
  - Air horns or megaphones will not be allowed.
- No concessions will be allowed. This is meant to decrease the amount of hand-to-face contact.
- No food or drink will be allowed in the facility. This does not include water that athletes bring.
  - Individual athletes must bring their own water bottle that is labeled and filled. There will be no sharing of water bottles.



- There will be no pre or post game handshakes or high fives.
- Avoid all non-sport related contact – i.e. high fives, fist/elbow bumps, group celebrations, huddles, etc.
- Teams that are not actively participating will be provided a room that allows for social distancing. Coaches are responsible for sanitizing the room and all touch points upon exiting the room.
  - After all levels for a gender have finished playing, they are expected to sanitized and leave the facility.
- Signage will be present throughout the building informing participants, coaches, game workers, officials, and spectators of entry and exit points and mitigation policies.

